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30 years after her murder ...

## A GRAVESTONE FOR MICHELLE

Michelle Pimentel, a Kane School Student in Lawrence, was murdered in 1985. 30 years later her sister Christina was finally able to raise the money the family needed for a headstone to memorialize her. Pictured are; Rickey Rivera, Christina Rivera and their son Zachary at Colizzi Memorials in Methuen.

**PAGE 11**



### INSIDE this edition!



**Jeff Katz**  
BALTIMORE: Page 3



**Doggies**  
**Tracey Zysk**  
**PAGE 29**

Veteran .....	1, 31
Thinking Outside the Box.....	2
Editorial/OpEd.....	3
The Andovers.....	4-5
Methuen.....	6, 11, 14
Tom Duggan's Notebook.....	8-9
Political Cartoon.....	9
Lawrence.....	11, 13, 33
Massachusetts.....	12
Lowell/Dracut.....	16
N.H.....	17
World Views.....	20, 21
SEACOAST.....	22, 23
Teens/Mommy.....	25
Health/Medical .....	26, 27
TV/Entertainment.....	28
Pets-Tracey Zysk.....	29
Food.....	31



**Christine Morabito**  
**PAGE 21**



**Babies & Briefcases**  
**Cheryl Hajjar**  
**PAGE 25**



**Ana Debernardo**  
**Teen Talk**  
**PAGE 25**



**Dani Langevin**  
**Lesbian Columnist**  
**PAGE 20**

## VALLEY PATRIOT OF THE MONTH

### HEROES IN OUR MIDST - LAWRENCE COGSWELL

Sidney Smith

VALLEY PATRIOT GUEST CONTRIBUTOR

When I recently learned that the local chapter of the EAA (Experimental Aircraft Association) was bringing an original flying Boeing B-17 WWII bomber to Lawrence Airport this May 22nd to May 25th, I was reminded of an acquaintance I had formed with a friend in West Newbury: Lawrence "Larry" Cogswell. I often met Larry at the West Newbury Post Office and then sometimes join him Wednesday evenings at the bar in the Park Lunch in Newburyport. Larry, it turned out, was a most enjoyable storyteller with tales of his service in the Eighth Air Force in WWII.

He was also one of the nicest guys I have ever had the outright privilege to meet.

Having since moved from West Newbury, I tried to contact Larry about the forthcoming B-17 fly-in, but was shocked and saddened to learn that he had passed away on February 1st of this year. To me, Larry Cogswell was indeed a more than sterling example of what has come to be termed the "Greatest Generation," and it seemed to me that I had to do something to remind people that the surviving few of these folks are indeed getting fewer every year. They really are heroes, although I doubt you would ever hear them say it, and there are, at best, an ever fewer number of them still living among us. It also seemed to me that Larry was a typical example of the young American kid who answered the call from his nation and "joined up" to fight in WWII.

Larry is gone now but let us see what we might be able to piece together of his and other's stories from the Eighth:

Lawrence H. Cogswell was born in Easton, Maine on March 18th, 1924. He attended school there and then, at Fort Devens, MA, on December 16, 1943 he enlisted in the U.S. Army Air Force "...for the duration of the war plus 6 months" and in the inscrutable manner of armies everywhere he was trained to become an air gunner. Some of the guys went to various aircraft of the period (B-17's, B-24's, B-25's etc.). As fate would have it, Larry was assigned to B-17's and the growing Eighth Air Force. I do not know for certain, but I would guess that he was probably excited about being posted to the 8th AF (which even at that time probably meant England). But I also suspect that most of those young guys did not fully realize what they were getting into since one of the most prevalent signs of youth is their given belief in their own immortality. I suspect that as increasing numbers of new, unknown faces replaced older, known faces in the briefing rooms and familiar aircraft no longer appeared on the hardstands ... that sense of immortality began to slowly fade for most of those young air crews.

In those increasingly distant days most young "airmen" still believed that the B-17 was the king of bombers and undoubtedly deserved its nickname: the "Flying Fortress." They also believed that the newly minted "Norden" bombsight could place its bombs in a "pickle barrel" from 20,000 ft., or so it was said. Unfortunately the reality was to prove enlight-

ening and hitting that pickle barrel would prove to be a great deal more demanding, difficult, and hazardous than anyone had then imagined.

I had dimly realized this myself, because around early 1944, my mother and I were returning from Pittsfield, MA where my father was working as a welder/steamfitter (and thus an "essential war worker" - so essential in fact that we had a valued "C" sticker for gasoline, and maybe some tires, on the corner of the windshield of our old DeSoto coupe.) My mother and I were probably on the old Boston and Albany Railroad when we made a stop near Springfield to take on a horde of young crewmen from nearby Westover Airfield. They were, to say the least, spirited and were a genuinely rowdy bunch, but I have in the ensuing years often wondered how much of that rowdy spirit was in fact a mask to cover their own deeper, quieter, concerns. They were polite enough toward my mother and I, but I remember being more than chagrined that they filled virtually every space and every seat on that long slow train.

But to a very young kid there was worse to come: I had just received as a gift a truly appreciated new toy: a wooden toy bomber with a red body and blue wings that had a hole drilled through the body lengthwise. At the forward end of the hole there was a small mirror mounted at an angle, so that when you looked into the hole at the tail you could see your feet. Of course it was a pathetic thing by today's standards, but remember that in those days what brought the war



home to most adults was the advent of ration cards and family members going off to war while to children the reality was that most toys had changed from cast metal to carved wood or paper. At the front of my little bomber there was a slotted handle which when pulled, would drop two small wooden dowels as "bombs." Now you should remember that all those young men on that train with us were actual bomber crews mostly on their way to Europe.

And then they discovered my "bomb-er."

Now by the time we arrived at South Station in Boston only the good Lord Himself knows just how many paper cups had been "bombed" and destroyed and

HERO: PAGE 32



# Why We Should Eliminate State Boards and State Depts. of Education

**Sandra Stotsky**  
VALLEY PATRIOT GUEST COLUMNIST

It is becoming increasingly clearer that the main groups oppressing parents, local school boards, and local teacher unions with Common Core-based standards and tests (regardless of what they are actually called) are state boards of education and state departments of education. Those in New England states are no better than those in the other states. What parents, local school boards, and local teacher unions should do is fight fire with fire. They need to stop trying to counter baseless claims that Common Core’s standards (whatever they are labeled) are better than any standards that ever existed before in this country and that Common Core-based tests (whatever they are labeled) will provide invaluable information about student achievement that the students’ parents and teachers cannot possibly determine on their own. Parents and teachers need to eliminate their misguided if not incompetent state boards of education and state departments of education. State by state. In fact, there is no research to support their effectiveness, their functions, or indeed, their very existence. They are a late 19th century addition to state government, and grew enormously

in staff and importance only after the federal government began to provide funds for public education after 1965 (with the passage of the first Elementary and Secondary Education Act).

Why eliminate state boards of education?

- Most state board members are appointed by the governor, not elected by state residents. They typically know little about K-12 education (e.g., most members of the Massachusetts Board of Elementary and Secondary Education)
- Most state board members generally follow the party line of the appointing governor, whether Republican or Democrat. I have always been an independent voice, which is why Governor Deval Patrick set my removal in August 2010 into state statute when he re-organized the board’s size.
- Most state boards have not provided public meetings for higher education academic experts and parents to discuss standards for the K-12 curriculum in English and mathematics, before and after adopting Common Core’s standards.
- Most state board members seem to be incapable of asking meaningful questions about the education policies they are voting on. No state board is on record in 2010 for asking what college readiness meant and then exploring the question.

- No state board is on record in 2010 for asking for a cost-benefit analysis of Common Core’s standards or tests.
- No state board is on record for asking higher education academic experts in their own state for their analysis of Common Core’s “college readiness” standards. No report from higher education academic experts is available in any state, so far as I can find out.
- Most state board members seem to have believed whatever they were told by their state commissioner, state superintendent, state department of education staff, or spokesmen for organizations funded directly or indirectly by the Bill and Melinda Gates Foundation. There is no state board on record asking for information from organizations or individuals independent of funding from the Gates Foundation.

Why eliminate state departments of education?

- They don’t have the level of academic expertise in them to address the most important questions they are asked to deal with. Even in Massachusetts, I had to call on external academic expertise for every set of standards I developed or revised.
- Staff members no longer see themselves as public servants in their state, accountable to parents and local school districts.

- They look chiefly to the US Department of Education for guidance and do not advocate for the parents, teachers, and administrators in their own state.
- The needed functions they address (mainly distribution of federal funds to local school districts) can be addressed by a small staff under legislative oversight.
- Most staff members are not qualified to advise a state commissioner or state board on the implications of the policies proposed by USDE. Few have extensive experience in school administration and finance, academic subject matter knowledge, or skills for sound K-12 curriculum development or effective professional development.
- Most are incapable of providing authentic “technical” help to the local schools.

Non-binding resolutions/articles for Town Meeting to vote on are one way to start getting the attention of the media—and the state’s board of education.

These boards need to know that there are many parents and other citizens trying to understand what they vote for and why. Are they worth keeping after the mess they voted to put their school systems in, when they voted to adopt Common Core’s standards in 2010?

## Boston Olympics a Bad Idea

Tourism fell in Beijing during the 2008 Olympics; tourism also fell during the 2012 London Olympics. The Australian Tourism Export Council stated, “As soon as the Olympics finished, we started to see a fall away in inbound activity. Australian (tourism) went into three years of negative growth (2001, 2002, and 2003)”. Many potential tourists stay away from Olympic cities fearing congestion and higher prices. Olympic visitors when returning home tend to talk about the Olympic contests they attended, not the virtues and tourist attractions of the host city.

The initial bid for the Athens Olympics proposed a \$1.6 Billion budget; actual costs were \$16 Billion. The initial bid for the London Olympics proposed a \$4.0 Billion budget; actual costs were between \$15 to 20 Billion. Smith College economist Andrew Zimbalist in his book “Circus Maximus” estimates Olympic and World Cup final costs normally run four to ten times the original bids. Boston 2024’s bid showed an initial estimate of \$4.7 Billion.

Athen’s original security budget was \$400 Million; actual security costs were \$1.5 Billion. London’s original security contract called for 10,000 personnel; the actual number of military and security personnel was 20,000. Boston 2024 has stated that security will be a Federally underwritten cost, which could easily cost U.S. taxpayers \$2.0 Billion or more.

Boston and Massachusetts have obvious transportation and infrastructure needs to be addressed after years of deferred maintenance. Government leaders and the legislature should address these needs directly with proper planning and financing without resorting to tying these needs to a two-week sporting event.

Other cities (most recently Munich and Stockholm in 2013 and 2014) have withdrawn their bids after voter rejections. Elected leaders could decide before a referendum to withdraw their support for a bad idea. Certainly leaders should respect a negative vote should voters agree that Olympic Games are generally a bad economic proposition for the host city.

Pete Laird Sr., Dover, MA

## Governor Should Direct Opioid Abuse Policy

**Joe D’Amore**  
VALLEY PATRIOT CONTRIBUTOR

Our state is reeling from a spiraling crises in opioid addiction and the newest statistics confirm the need for a coordinated policy response from the Governor’s office. The state Department of Public Health revealed the depth of the crises by reporting 1,008 overdose deaths in 2014 which compares drastically to the 668 deaths reported in 2012- up 51% ; and an increase of 4.2% over 2013 with 967 deaths. Heroin is the leading culprit but there are a myriad of opioids of dangerous concoctions, many created by enterprising drug traffickers and dealers.

Essex County is the epicenter for Eastern Massachusetts at 146 overdose deaths in 2014 with Haverhill and Lynn bearing the sad distinction of sponsoring a signifi-

cant number of these.

The current interventions by police departments, District Attorney’s offices, treatment centers, advocacy groups, non-profits and churches is commendable but in the aggregate they produce an uncoordinated response that is not producing at least a slowing of the incidents of deaths and overdoses, let alone a reversal. The reason for this is that there are various philosophies in play and a lack of concentrated resources and direction to eradicate the problem adequately.

District Attorney Blodgett recently revealed in a statement that he is a proponent of drug diversion, drug courts which offer the reprieve of treatment instead of prosecution and more comprehensive sentences for traffickers and dealers. However, many police departments pursue a more parochi-

OPIOID: PAGE 17

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# STOP 16 YEAR-OLDS FROM VOTING IN NORTH ANDOVER

At North Andover’s Annual Town meeting on May 19th, we urge the voters of North Andover to reject a proposal that would lower the town voting age to 16.

Such a move would not only harm the town, but it would also set a dangerous precedent for the rest of the state.

Sixteen and seventeen year olds, for the most part, simply do not shoulder the responsibilities, or possess the life experience and the investment in the community that is necessary to make informed and reasoned choices regarding issues that affect the legal and financial future of the town.

Children of this age are unable to enter into binding contracts, including rental agreements, leases, car loans or mortgages. Sixteen and seventeen year olds cannot obtain credit cards. They are unable to serve on juries, where their decisions could determine a person’s freedom or imprisonment.

These are only a few examples. These are all basic examples of the responsibilities of adulthood and citizenship.

If we believe that children of this age are not mature and responsible enough to shoulder these responsibilities, why would

we entrust them with a vote which would not only affect them, but every citizen of the town as well?

Teens don’t pay property taxes in town, either directly or indirectly through rents, and are the consumers of the single largest line item in our town budget; our schools. Allowing them to vote on this budget without any fiscal repercussions to themselves is certainly a conflict. In local elections and town meetings that are usually decided by just a few hundred votes they could easily sway the outcome, with potentially dire fiscal ramifications for the town.

Our society did not choose 18 as the age where one is given the responsibility of voting arbitrarily. It was decided during the Vietnam War that if a person was old enough (18) to be drafted to the military to fight overseas, one was also old enough to carry the responsibility of electing those that could potentially send them to fight. This, the nation believes, is a reasonable line of demarcation between childhood and adulthood.

We urge the voters of North Andover to let common sense prevail and defeat this irresponsible measure.

# WE STAND WITH PAM GELLER - STOP BLAMING THE VICTIM

As The Valley Patriot was going to print this month, a Muslim hit squad pulled up to the front of a free speech conference in Garland, Texas and tried to shoot their way in and kill those who had drawn a cartoon of Muhammad.

Almost immediately, the propagandists at CNN went into overdrive to label and stereotype Pamela Geller and the American Freedom Defense Initiative as a “hate group”. They blame the victim for inciting

Muslims to violence, by defending and exercising her right of free speech in holding a Muhammad cartoon contest.

Imagine CNN blaming the victim.

We wonder if CNN also believes that women who dress provocatively and walk through bad neighborhoods are inciting their rapist to violence? That is the essence of what they did when they abandoned the idea of reporting news, and chose to inject their own politics into what is supposed to

be the objective reporting of facts.

Those who blame the victims of Muslim violence are doing exactly what the Muslim terrorists want. They want our news media to distract everyone away from the real problem. This further chills the speech of others who will now be afraid to speak out. We say Gellar is right and we are not afraid!

We stand with Pam Geller and the American Freedom Defense Initiative.

They are not a hate group any more than our troops fighting the Nazi’s in WWII were a hate group. It’s very alarming that CNN and the rest of the media is spreading this chilling propaganda, and that so many Americans have bought into it as “news”.

To quote Greg Gutfeld, America’s biggest problem is Islamo-phobia-Phobia.

WAKE UP! Sharia is the enemy, not Pam Geller and the American Freedom Defense Initiative!

# Baltimore is Burning - The War Against Police

As I write this column, we see terrible acts of violence and radical activity in the City of Baltimore. Buildings are being looted and then set on fire. Police officers are being attacked with bricks and bottles. Gangs of rampaging hooligans are jumping up and down on cars. Thugs are pulling innocent shopkeepers from their stores and then beating them in the street. Why is this all happening?

Well, if we are to believe some of the puppet masters, this is all about the untimely death of Freddie Gray. Mr. Gray was just twenty-five years old when he suffered a severed spinal cord resulting in his death. Mr. Gray was a career criminal who had amassed more than 20 arrests in his short life, most of which were job related...that is to say they were for possession and distribution of narcotics. In early April, Gray was reported to have made eye contact with a Baltimore police officer. The steely gaze was apparently too much, since it resulted in Gray fleeing.

It is alleged that the cops decided to give Freddie Gray a “rough ride” in the back of a Baltimore Police wagon. One of the arresting officers is alleged to have said that she did not fasten the seat belt because she was afraid that Gray “had a full bladder.” The problem with all of this is that the Baltimore Police have an extensive record of injuries being sustained by prisoners who were given the old nickel ride in the police wagon. The city has paid out lots of money and as a result the department has a very clear protocol about always buckling in the prisoner.

I am an ex-cop. I have not worn a uniform or carried a badge in years but I am still a cop to my core. I will always bleed blue. There is no question in my mind but that Freddie Gray was a bad guy. Simple as that. In my research I could not find any shred of evidence that could be used to provide any glimpse at a single redeeming quality. He was a stone cold criminal. A drug dealer who was not concerned with feeding the hungry or clothing the naked. As a career criminal he really should have known better than to run from the police and so I must point out that it was his personal actions which precipitated his interaction with law enforcement. He was also a human being and his well being and safety became the responsibility of the police officers the moment that he was taken in to custody.

If the investigation shows that the police officers failed in their duty to properly look after their prisoner they must be held accountable. No if, no ands, no buts. His rap sheet shows that he was not a good guy. The question becomes, why did he become a dead guy?

*Jeff Katz is a former police officer, former talk show host on Talk1200AM and won the Associated Press Award for Best Talk Show in Boston two years in a row. He is now an exclusive columnist for The Valley Patriot. He is the recipient of The Valley Patriot's 2013 Editor's Choice Award for exceptional writing about issues that effect our lives. WEBSITE: visionaccomplished.net*

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# What is Urgent Care?

## DOCTORS EXPRESS

What do you do when you have a deep cut that requires stitches?

Or when you’ve taken a tumble and injured an arm or leg? Here in the Merrimack Valley, the answer to these questions has long been to find the nearest emergency room. Long waits, increased costs, and general discomfort often awaited patients as they tried to address urgent, yet non-life-threatening needs. That is why our team at AFC Doctors Express was so excited to open up our services to the communities we call home.

Doctors Express is an urgent care medical practice located on Turnpike Street in North Andover (with a second location soon to open on Merrimack Street in Methuen). We are fully staffed with qualified doctors, physician assistants, nurses and staff who all have a history of providing quality care to the residents of the Merrimack Valley.

At Doctors Express we are neither a replacement for primary care physicians, nor a substitute for genuine emergency care. Rather, we are a bridge between these two services, offering medical support for urgent care needs.

What is Urgent care? The best way to describe urgent care is that we offer immediate care to individuals whose needs are urgent, yet are not severe enough that they are life threatening and require a visit to the emergency room or a call to 9-1-1. Common visits include testing for colds, flu, allergies, strep throat, cuts that require

stitches, falls, back injuries, sprains and fractures that may need an x-rays.

Yes, lab tests, stitches, and x-rays are all done right in our office. And since we accept most insurance plans, we make it especially easy to have access to the best care right away.

Patients visiting Doctors Express do not need to call in advance. They can stop in without an appointment and typically be in and out in about an hour. The turnaround time is substantially less than the Emergency Room where it is not uncommon to wait 2 or 3 hours to be treated. Additionally, the cost is about 1/5th of the average ER visit

Quality healthcare is something all people deserve. Here at Doctors Express, we are providing a new option to our neighbors that allow you to have access to the care that fits your needs. So, next time you face a situation where you think a long wait in the Emergency Room is your only option, remember that Doctors Express is right here to provide you care.

“Doctors Express is an urgent care clinic staffed by board certified physicians and has earned exceptionally high patient satisfaction by providing convenient, high quality, efficient care”

*Dr. Nelson Matos is the medical director of Doctors Express North Andover and Methuen. He lives in Methuen with his family and has been providing quality care for residence of the Merrimack Valley for nearly two decades.*

# NAMA 4th Annual Scholarship Dinner

Packing the North Andover Country Club, residents and business owners gathered in mid-April for the North Andover Merchants Association’s 4th Annual Knight of Honor Gala scholarship dinner.

“It was such a nice evening,” said Kids Karousel owner Sylvie Foulds, who chairs the committee that organized the dinner. “We get to celebrate the successes of our business community, honor volunteers, and raise money for students who aspire to be successful in business. It’s everything that makes the North Andover Merchants Association great.”

Prior to being treated to a 3-course dinner, guests enjoyed a cocktail hour that included a silent auction, live piano, free caricature drawings sponsored by Salem Five Bank, and a photo booth sponsored by Doctors Express North Andover. Dessert was donated by Frederick’s Bakery.

During dinner, the North Andover Merchants Association (NAMA) awarded two \$2,000.00 scholarships to residents Celia DiSalvo and David Morton. DiSalvo is a senior at North Andover High School and Morton is a senior at Central Catholic High School. Additionally, NAMA presented a \$500.00 award to Zahra Fatehi in recognition of her work as a young entrepreneur who owns and operates Night Draws, a business where she creates custom prints and drawings, and who also teaches drawing classes.



At each year’s gala, NAMA recognizes a business owner as Merchant of the Year. This year’s honor went to Jaime Faria of Jaime’s Restaurant.

“It’s hard work, but I’m lucky to have strong support from family and staff as I follow my dreams,” said Faria, who teared up as he broke into Portuguese to speak directly to his parents, who immigrated to the United States from the Azores. “Thank you.”

“Jaime took an idea and turned it into a business,” said Dawn Pease, who is in her first year as President of NAMA. “Not just any business, but a thriving, successful

**NAMA: PAGE: 6**

## Anna Knowles ANDOVER COLUMNIST

The Center at Punchard provides transportation for seniors for medical appointments throughout the Merrimack Valley and to the Greater Boston area. This service is by appointment and must be made at least seven days in advance. Donations are welcomed to help defray the cost of gasoline for the volunteer drivers. The client will be responsible for parking and tolls costs.

This service is made available through the generosity of the volunteers who work with the Center. The Director would like to invite anyone to join the group of volunteers who provide this transportation. She can be reached through e-mail at

## Anne’s Andover Notebook

carolhowe@andoverma.gov, or by phone at 978-623-8321.

Shopping trips to Market Basket are available on Wednesday. Cost for the round trip is \$4.00. Other trips or outings are being planned. Please contact Carol for details.

Andover High School graduation will be held June 8, 2015 from 5-7 pm at the Collins Center.

The Andover high School Drama Club will present the play - 12 Angry Men, May 7-8-9, at 7:30pm. Tickets may be bought in advance through the Drama Clubs website.

\*Civil War 2015\*  
Troubled times? Yes. Our country will

observe another important anniversary this year. On April 9, 1865 The Civil War was declared over with the surrender of General Robert E. Lee to Ulysses S. Grant at Appomattox, Virginia.

Today, it would be a very good time to reflect on the cause of the war, the immense toll it took on a young country in both blood and treasure. It was far more than a one-issue war. While it did remedy a serious flaw, that of enslavement of many black men and women, it also established our country as the United States of America.

This is something that many men and boys from Andover fought and gave their lives to preserve. At this time, as the re-

cipients of this gift of a country that has so much to offer each of its citizens, we need to examine, what it means to be a citizen of the United States of America.

Andover’s involvement with the Civil War, it is noted, was an important route of the Underground Railroad, ministers for local churches, the quick response from the men of Andover to enlist and become members of the 14th Massachusetts Infantry. It is noted that Andover has a long and proud history of preserving the past and looking forward to our future.

Announcements will be made of the Memorial Day activities through the Veterans Affairs Office, 36 Bartlett Street, Andover. Michael Burke is the Veterans Affairs Officer. He can also be reached at veterans@andoverma.gov.

# Memorial Day: More Than Remembering

## Oscar Camargo VALLEY PATRIOT COLUMNIST

Every spring, families across the country come together to celebrate Memorial Day. A family will host a picnic and fire up the barbecue, a mother and daughter will go shopping and take advantage of the holiday sales, and a father and son will attend a parade to enjoy the festivities.

Somewhere out there though, a family will be visiting a cemetery, a mother will shed a tear in memory of her daughter, and a son will stand alone at a parade without his father.

Memorial Day is a holiday of remembrance of those men and women who died while serving in the armed forces. Polls have shown that a majority of Americans are often unfamiliar with the real meaning of Memorial Day. This comes despite being entangled in conflicts throughout the world for well over a decade. Though opinions vary about

our involvement with these conflicts, the vast majority of Americans have shown their esteem for our service members.

Nevertheless, veterans still endure with many issues such as high unemployment, increased suicide rates, and substance abuse. The Department of Veterans Affairs continues to struggle to assist our most vulnerable veterans even with bipartisan support and ample funding. Veteran support often feels less like a public service and more like lip service.

This Memorial Day, let’s honor those who have died while serving their country. This Memorial Day, let’s assist those who endure in silence. This Memorial Day, let’s do more than just remember.



*Oscar Camargo is a veteran and former candidate for State Representative. Follow him on Twitter at @followcamargo or email at followcamargo@gmail.com*

# Andover Teen’s Eagle Scout Project Benefits Boys & Girls Club of Lawrence

For his Eagle Scout project, 16-year-old Henry Duerr of Andover wanted to work on a project that was personally meaningful to him and beneficial to local kids. The result: a new traverse rock-climbing wall at the Boys & Girls Club of Lawrence (BGCL).

“My little brother donated a bunch of basketballs to the club for his bar mitzvah project a year ago. I had to one-up him,” joked Duerr, a junior at Andover High School and member of Venturing Crew 7 of Chelmsford, a co-ed program for scouts ages 14 to 20.

After receiving approval in December, Duerr planned the scope of the project, solicited donated materials, fundraised \$600, and oversaw his fellow scouts and other volunteers during four workdays. The 16-foot-long by 8-foot-high wall was completed with rock climbing holds donated by Boston Rock Gym.

“When we were putting up the wall, a lot of kids were asking if they could try it,” he said. “The fact they immediately took to it and thought it looks fun made me feel good.”

Duerr said he has become passionate about rock climbing since learning the sport three years ago. He got the idea for his Eagle Scout project last summer at Camp Aleksey in Plymouth, N.H., where his coach built a climbing wall for the campers’ use when they couldn’t make it to the crag. Constructing a similar wall at BGCL appealed to him because of the members’ range of ages from 7 to 18, the club’s emphasis on healthy living, and the life skills from which the kids can benefit: patience, discipline, and creative problem solving.

Duerr reasons that perhaps there are youth members like him, who prefer a challenging yet supportive activity as opposed to the competitive nature of other team sports. In fact, he notes there are no limits to the boundaries that can be pushed through climbing.

“The Boys & Girls Club of Lawrence does good work, and this is something different for the kids to do with a little flavor of Henry,” Duerr said. “My goal is to

**EAGLE: PAGE 24**



# A Very Tight House & State Budget

Rep. Linda Dean Campbell  
VALLEY PATRIOT METHUEN COLUMNIST

The Budget passed by the House of Representatives for Fiscal Year 2016 closes a budget gap without tax increases, new fees, and without taking additional money from our “rainy day fund” as we needed to do during the recession and the years following, in order to preserve a social safety net for those who are disabled or were unable to gain employment.

**Local Aid:**  
Our working with the Governor on this budget allowed the House to come in underneath his budget proposal. Also very helpful to our balancing efforts was the approximate 105 million dollars in first-time slot revenue that greatly assisted us in providing modest funding for additional projects and programs in cities and towns, and also an all time high appropriation for education.

**Pension Liabilities:** Once again, reducing pension liabilities was front and center, which allowed us to maintain our recently approved high bond rating, the highest in our history.

**Increases for Substance Abuse Prevention and Mental Health Treatment:**

The opiate crisis continues to escalate. Part of this budget includes more than \$10 million in new funding for programs focused on substance abuse prevention and treatment including 3.6 million for transitional support beds. An additional 13 million dollars was appropriated to expand community placement for those in need of mental health care to free up hospital beds for inpatient mental illness.

Very important for the Merrimack Valley is a provision that will ensure that pharmacies in high risk areas like the Merrimack Valley are readily stocked with the opiate overdose-reversing drug: Narcan (Naloxone) along with a measure I sponsored that requires the Massachusetts Department of Public Health to investigate potential savings that Commonwealth Communities might achieve by buying our Narcan in bulk.

**METHUEN AND HAVERHILL:**  
Thanks to the support of Speaker DeLeo and Chairman Brian Dempsey from Haverhill, (Chair of House Ways and



State Representative Linda Dean Campbell (D-Methuen) with Rep. Brian Dempsey and Speaker DeLeo

Means Committee and the primary architect of the budget) this budget included important funding for local priorities such as funding for debt services associated with the Merrimack Valley Hospital which freed up money in Haverhill for critical city services; support for Nicholson Stadium in Methuen; development of the Methuen Rail Trail; support monies for Methuen’s Arlington Neighborhood; and support for the Career Resources Corporation in Haverhill which has just opened a new branch office that enables them to provide more focus on providing career opportunities including employment assistance to our local Veterans.

**Windshield Wiper Law Changes:** I am very pleased that we changed the highly publicized “windshield-wiper law,” which assessed penalties on drivers who failed to turn on their lights in storms. I, and many of my colleagues believe the penalties for violation were onerous and sponsored an adopted amendment that would bar insurance companies from assessing insurance surcharges if drivers failed to turn on their lights.

The entire House budget is available on the website: [malegislature.gov](http://malegislature.gov). I also have an expanded description of the budget on my website: <http://statereplindacampbell.com>. Please continue to contact me with your perspectives: [Linda.Campbell@mahouse.gov](mailto:Linda.Campbell@mahouse.gov) or 617.722.2000.

*Rep. Campbell serves as the Vice Chair of the Public Safety Committee and on the Committee on Ways and Means and is the Dean of the Methuen Delegation.*

# Netanyahu Should be Rejected and Isolated

D.J. Deeb  
METHUEN SCHOOL COMMITTEE

I want to comment on Dr. Chuck Ormsby’s Valley Patriot column from last month titled, “I’m A Pro-Semite.” I often find myself in agreement with Chuck’s Libertarian views and I enjoy reading his editorials each month, but I must disagree with his analysis of Israel’s elections as I have written and published two books on this subject. In his column, he ridicules President Obama and some members of Congress for boycotting Israeli Prime Minister Benjamin Netanyahu’s speech. It is not often that I agree with the President, but he is right on this one. Dr. Ormsby writes, “Indeed it is the responsibility of every member of Congress to listen to Prime Minister Netanyahu, who probably knows more about this issue [Iran’s alleged Nuclear Weapons Program] than any world leader, because it threatens the very existence of the nation state of the Jewish people.” I beg to differ! The United States Congress is under no such obligation. By the way, why is Israel permitted to have nuclear weapons? How quickly some of us forget that Israel stole nuclear secrets from the United States. Israeli spy Jonathan Pollard is currently serving a life sentence in Federal prison for sending U.S. nuclear secrets to Israel. Is this not a double standard?

Benjamin Netanyahu is an international war criminal and should be treated as such. Article 8.2 (b) (viii) of the Rome Statute of the International Criminal Court states: “The transfer, directly or indirectly, by the occupying power of parts of its own civilian population into the territory it occupies” is a war crime. I commend the members of Congress who boycotted his speech and President Obama for refusing to meet with him. This bigot and war criminal Netanyahu should not be allowed to enter this country. In addition,



I will take this a step further and suggest that the United States should suspend its \$3+ billion per year that it gives to Israel as long as Netanyahu is at its helm. These are strong statements. Let me explain.

First, in examining the title of Dr. Ormsby’s article, what is a Semite? Webster’s Ninth New Collegiate Dictionary offers a definition: “a member of any of a group of peoples of southwestern Asia chiefly represented now by Jews and Arabs...” On March 17th, the day of Israel’s Election, Bibi Netanyahu played the race card. Netanyahu stated on his Facebook Page, “Arab voters are going to the polls in droves. Left-wing organizations are bringing them in buses.” Although Netanyahu has since apologized, the damage was done. Can you imagine an American politician saying the same about Blacks, Latinos, or any other minority group in the United States? The fact is that Bibi Netanyahu is the real Anti-Semite! He is an Arab-hater and Arabs are by definition Semitic. After reluctantly agreeing to support a two-state solution that allows a Jewish state in Israel an Arab state in Palestine 6 years ago, Luke Baker and Jeffrey Heller of Reuters News Service reported on March 18th, “In the final days of campaigning, Netanyahu abandoned a commitment to negotiate a Palestinian state – the basis of more than two de-

DEEB: PAGE 32

## FROM PAGE 5: NAMA

business that has become a key piece of our community. We’re all so impressed by Jaime and are proud to hold him up as an example of success.”

NAMA - a volunteer run organization - surprised Rolf’s Pub owner Lesley Carlson and North Andover Police Lt. EJ Foulds with awards as 2015 Volunteers of the Year.

“Lesley juggles being a mother to three sons, running the business started by her father decades ago, and still finds the time to give back to NAMA and our business community,” said North Andover Selectman Phil DeCologero as he presented Carlson with the award. “Lesley served as our first Vice President, and we wouldn’t

be where we are today were it not for her commitment.”

Lt. Foulds was surprised with the award by his wife, Sylvie, as she listed all that he has done to build relationships between North Andover businesses and law enforcement officials.

“EJ works with the Gala committee, works with Fall Festival, works with Sheep Shearing and – especially - with the Santa Parade,” said Sylvie. “He comes to the NAMA meetings to help build a solid relationship with the Police department and local businesses. I am very proud and honored to present EJ, my husband and best friend, with the Volunteer of the Year award.”



# Methuen Exchange Club 13th Annual “Original” Taste of Methuen

The Methuen Exchange Club will host the 13th annual “Original” Taste of Methuen on Tuesday May 19, 2015 from 6PM -9:00PM at the Methuen National Guard Readiness Center, 619 Lowell Street, Methuen, MA 01844.

This is the Methuen Exchange Club’s largest fundraiser of the year. Tickets for this event are \$30.00 each. This fundraiser helps us raise money that goes right back to the City of Methuen for our charity events that include the Methuen Arlington Neighborhood, Saint Ann’s Home, Relay for Life, four Scholarships for Methuen residents in high school, the Methuen Senior Citizen Center, the VFV, the American Legion, the Michael B. Christensen Family Support Center in Lawrence, MA and many other charitable organizations in the

Greater Lawrence/Methuen area. The restaurants that we currently have confirmed to date include Jay Gee’s Ice Cream, Heav’nly Donuts, The Irish Cottage, Edible Arrangements, George’s Bakery, Borrelli’s Italian Deli, Brown and Budnick Meats, The Party Connection, Texas Road House, Mi Mexico Lindo, Royal House of Pizza and Roast Beef, Fuddruckers, Piro’s Bakery, Muddy Waters Restaurant, Joe’s Crab Shack and Mann Orchards.

TICKETS WILL NOT BE SOLD AT THE DOOR For tickets please call the following individuals: Jack MacLeod 978-314-5081, Linda Buell 978-609-3630 or Jill Stackelin 978-683-2419. The “Original” Taste of Methuen always sells out at the capacity of 400 tickets. Please confirm.

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TOM DUGGAN'S NOTEBOOK

CNN – WHERE FACTS GO TO DIE –

Bad enough that Brook Baldwin appears on CNN every day to slant the news and attack our veterans, Solidad O’Brien and Anderson Cooper cheerlead for one side and demonize another side when they are supposed to be presenting objective news. But it’s even worse that so called “news” reporter Brian Tobin nearly caused a riot... twice by refusing to comply with police orders to get out of an intersection while readying for an advance on criminals out after the curfew. He was told a dozen times to move. He refuses. The mayor of Baltimore literally put a bull-horn in his face and said “MOVE” which Tobin refused to do. He then turned to the camera to tell his viewers that “the police are being excessively aggressive.” No Mr. Tobin, you and the CNN crew think like most progressives promoting an agenda that the rules and laws should apply to everyone but you! But here’s a real news flash for Tobin, O’Brien, Baldwin and the rest of the propagandists at CNN promoting a political narrative instead of presenting objective news. Your actions have gotten people killed and the American people are becoming increasingly aware of your advocacy disguised as journalism. This may shock a lot of people but I watch Al Jazeera America now more than CNN because they have a better product and do a better job.

MEDIA REFUSES TO COVER RACIST RIOTERS,,SPEAKERS IN BALTIMORE

While CNN, NBC and the rest of the national news media were cheerleading in Baltimore, their focus was to create a narrative. The narrative was this: all blacks are victims of the evil cops, cops are bad, white cops are more bad, and any force by police is abuse. While CNN had their so called “news” people taking sides and romanticizing the rioters and demonstrators, what was happening behind them on stage during the “victory rally” was never reported on as news. For one, speakers got up in Baltimore and called for the death of police officers, the disarming of police officers, the end of capitalism, the overthrow of the government, reparations and vengeance against white people and a civil war in the streets of America. And while those words were being spoken in the background, Don Lemon, and other CNN reporters continued to paint he event as extremely positive! They used negative terms against the police and only positive terms to describe everything that was going on while purposely ignoring the racist, America hating vitriol being spewed to the cheers of thousands of black people in attendance. In fairness, not everyone cheering was black, some were white, but they were all members of the media. The American news media has sold us out in this country. CNN and NBC are leading the way. What makes this most dangerous is that people who consume the news are being fed a lie and they buy it. That’s why you have to pay attention! Most people who work in the “news” media are pawns for a political agenda. Very few are not. As such, most Americans are living in an alternate reality. To my readers I say, open your eyes. Question everything the news media tells you. The more over the top they are in their presentations of what is good and what is bad the more you should question.

BALTIMORE, BURN DOWN THE ASIAN STORES – Another fact not widely reported on the news is that while the Baltimore riots were taking place, members of black gangs were standing in front of black owned businesses and urg-



Local DJ’s Taking Your Requests Again!

For those of you who listened to your favorite radio station, hoping your requests would be played, here is your chance again. 980 WCAP AM, in Lowell, has a new show, “Cindy’s Vinyl Vault,” hosted by Cindy and Peter Annis, a father and daughter team. Their playlists include the top 100 hits of the 50’s and 60’s with an occasional record from the late 40’s and into the 70’s. In the time-honored format these two are introducing each tune with a little bit of history of artists and their songs. You’ll find the Vault open on late nights starting at 10 on Sundays, 11 p.m. on Mondays and 10 p.m. on Wednesdays.

Cindy has been skulking around the 45’s and LP’s at WCAP since her internship in 2008. As a producer of some of the most interesting talk radio in the valley she is used to pushing buttons, but couldn’t wait to dust off the vinyl and start playing some of those tunes in a live music show. She grew up listening to “Oldies” and never

lost her love for those tunes. With a cyclopedic mind she rattles off the years and isn’t afraid to correct you when she knows who was the first to record a song.

Her dad, Peter, grew up with his parent’s music playing in the parlour on weekends. A dollar saved was as likely to be spent at Stuarts on the latest 45 as anything else. Bringing him on board at WCAP was a natural thing for Cindy. They had been combing over yard sale record collections for years, discussing the music and challenging each other since Cindy was very young.

Phone in your requests during the live shows at 978-454-4980. You can also make requests early online at [www.Facebook.com/Cindy’sVinylVault](http://www.Facebook.com/Cindy’sVinylVault) and don’t forget to listen to them on your AM radio dial at 980 WCAP. And as they say at the end of their night, “Remember, it’s not how old it is, it’s how great it sounds!”

ing the rioters to target Asian, Latino and Muslim businesses. Believe it or not the news source that reported and confirmed that little fact was none other than the New York Times. No right wing newspaper for sure. While the Times at least reported this fact of racist black looters, (they buried it at the end of a long article) only Greg Gutfeld on FoxNews ever reported it. WHY? Because the news media is in the business of telling you who the good guys are and who the bad guys are based on their own political agenda. They have no interest in reporting objective facts. So, any time an objective fact pops up that doesn’t comport with their narrative of who is good and who is bad, they

just bury it. America has only been told half the story in Baltimore. Go out and do the research and find the other half before making up your mind.

LOWELL – HAA HAA MARTY MEEHAN LIES AGAIN! Years ago when Marty Meehan was a congressman The Valley Patriot got a tip that he was about to resign from Congress and take the job as the chancellor of UMASS-Lowell. We then got a call from his chief of staff who demanded that we take down the story, swearing in an email and on the phone that the story we posted was “simply a lie”. I was younger and more naïve back then, so I took the story down and called my source to question why he had given



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MISSING PERSON

Lorne Casey also goes by the name Rusty, has been missing since 4/27/15 , He was last seen walking on Rt. 28 in Andover heading towards Lawrence where he lives. He was last seen wearing a black hoodie and sneakers. Anyone with information PLEASE CONTACT THE LAWRENCE POLICE AT (978) 794 5900 OR 911

me bad information. Before I finished with that call, however, the Lowell Sun announced Meehan was resigning, and wouldn’t you know it? He was taking the job as chancellor of UMASS-Lowell. So, it was no surprise recently when Meehan denied media reports that he was resigning as chancellor of UMASS-Lowell to take the as the new head of the entire University of Massachusetts school system ... only to find out days later that he indeed is resigning as head of UMASS-Lowell to take that job.

CALENDAR

LAWRENCE, SOCCER - Soccer Legends from Portugal and Greece coming to battle it out in Lawrence. The Legends Cup match-up between Portugal and Greece will be coming to Lawrence to face off at Veterans Memorial Stadium on June 12, 2015 at 7:00 p.m.

Legendary stars from Portugal includes: Nuno Gomes, Maniche, Fernando Couto, Rui Barros Simao Sambrossa, and Costinha. Legendary stars from Greece includes: Charisteas, Basinas, Seitardis, Papadopoulos, Tsiartas and many more in this legendary matchup.

The game offers soccer fans the rare opportunity to watch this “Legends Cup Rematch Battle”. In ‘04 European Champions Greece defeated Portugal on their home soil. The Portuguese players are not calling this a friendly and are traveling to Lawrence to win.

Tickets for the Portugal v Greece Legends match will start at \$20 and will go on sale on Tuesday, May 5th at 10 a.m. Fans can purchase tickets via ETIX.com or by calling 1-800- 514-3849. Player lineups are subject to change due to injury, illness, new signings or any other complications.

YOUTH ORCHESTRA AUDITIONS - Northeast Massachusetts Youth Orchestras, Inc. will be holding auditions for the 2015-2016 concert season on Saturday, June 6th at Ipswich High School, 134 High Street, Ipswich, MA.

HAVERHILL -VOLUNTEERS NEEDED! The Buttonwoods Museum is looking for volunteer tour guides to conduct tours and staff the Visitor Center for the upcoming tourist season, May through October. From a historic site overlooking the Merrimack River, the Museum tells the story of life in the Merrimack Valley from Native American Indian settlements through today. The Museum includes

CONTINUED UNDER FREDDIE

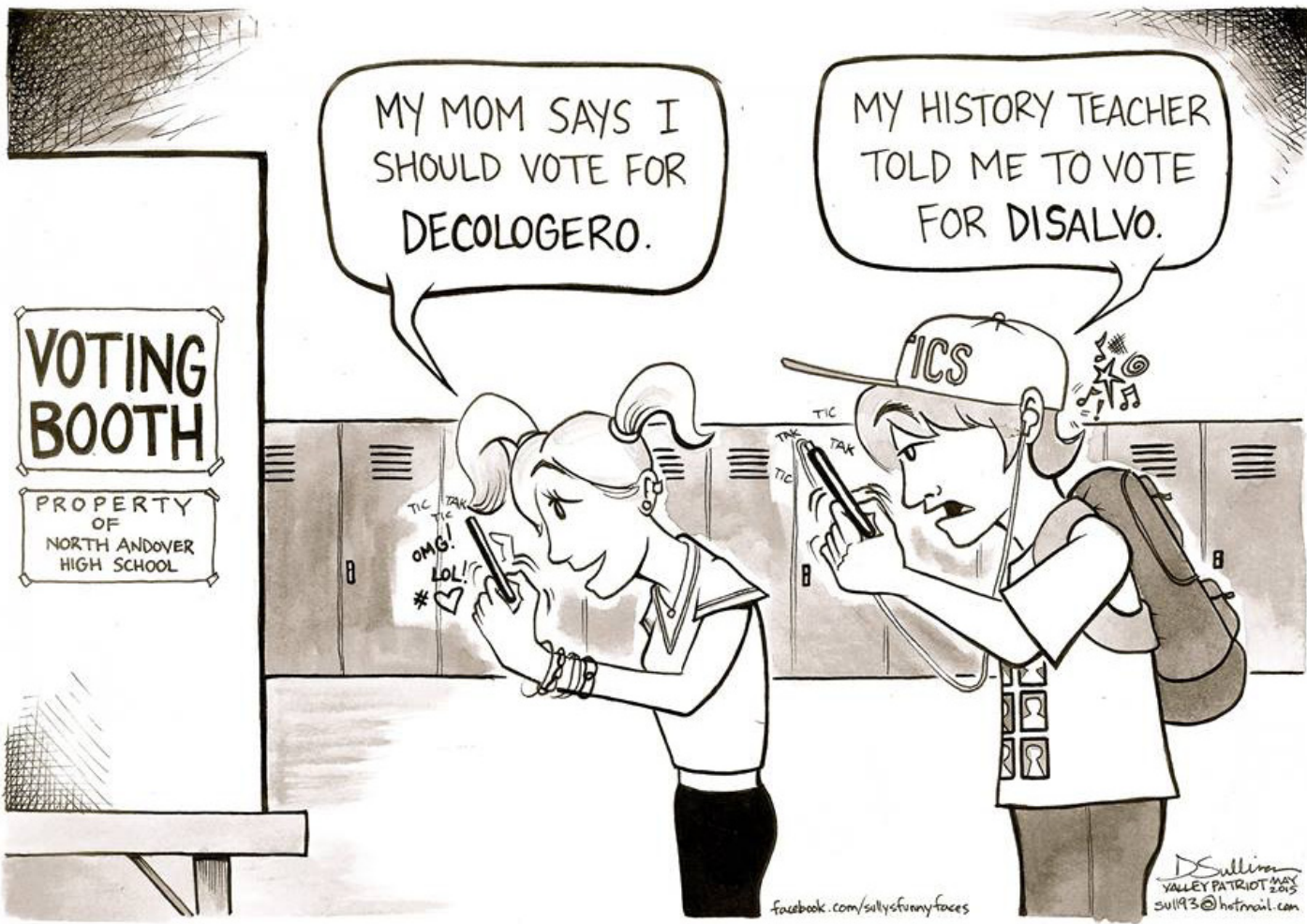




FREDDIE SAYS

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In North Andover, residents at Annual Town Meeting on May 19th will consider a measure to allow 16 and 17 year olds the right to vote in local elections. It's called the "local option" and it is being used in other states to allow illegal aliens the same right.

three historic structures – the Duncan House, the John Ward House and Daniel Hunkins Shoe Shop. We are looking for volunteers to commit to 2-3 hours per week on weekdays, Tuesday through Friday between the hours of 10am and 4pm. For further information, please contact Jan Williams, Curator at 978.374.4626 or e-mail [jwilliams@buttonwoods.org](mailto:jwilliams@buttonwoods.org).

LOWELL SPRING FLING - If you are looking for ways to recover from a long, cold and snowy winter, look no further than downtown Lowell! On Saturday, May 16, organizations throughout the city will greet the spring with a variety of workshops, tours, demonstrations, and much more as part of Spring Fling Lowell. This daylong celebration features the highly anticipated annual event Doors Open Lowell presented by the Lowell Historic Board, as well as major events hosted by Mill City Grows and Mill City Skill Share.

Taking place on May 15 & 16, Lowell offers visitors the opportunity to explore

beautiful historic buildings, landmarks, and residences not normally open to the public. On Saturday, May 16, Lowell-based non-profit Mill City Grows will host workshops beginning at 10am at the Market Mills Courtyard featuring tips and pointers for creating amazing raised flower and garden beds to enhance your yard and your health.

Also on Saturday, Mill City Skill Share will present some of Lowell's finest residents sharing their talents and knowledge through an impressive array of workshops offered "by the community and for the community," all FREE and open to the public. Among this year's workshops are Bicycle Repair, Introduction to Hand and Foot Massage, Screen Printing, Leather Working, How Local Government Works, Composting, Soap Making, Meditation, and Introduction to Gothic Calligraphy. Other Spring Fling Lowell events taking place on May 16 include:

- En Plein Air, presenting regional artists painting from life in Downtown Lowell
- A Day-Long Marketplace at Mill No. 5
- The Burmese Food Fair at Calvary Baptist Church
- Open House at Merrimack Repertory Theatre
- Film Screenings at The Luna Theater

For details and updates on the entire Spring Fling Lowell schedule of events, please visit [www.Lowell.org](http://www.Lowell.org) or call the City of Lowell's Special Events Office at 978-674-4260. It's been a long winter -- it's time to Spring Fling!

MANCHESTER, MA – The Northeast Massachusetts Youth Orchestras (NMYO) is now accepting musicians for 2015-16 season! The first group of auditions will take place Saturday, June 6th from 9:00 AM to 5:00 PM at Ipswich High School for all new and continuing NMYO musicians.

String, Woodwind, Brass, and Percussion students from ages 6-18, and at all levels of playing, are invited to audition. Used to determine proficiency on the student's instrument and to assign ensemble



STEAM Presentation at Hampstead Academy

Hampstead - On Tuesday, April 21st, Hampstead Academy hosted a presentation by Kyle Scofield, IT Manager at Technology Seed, to talk about the future of careers in Science, Technology, Engineering, Art and Mathematics (STEAM). The presentation provided students with an opportunity to hear about the ever-changing world of technology and participate in some hands-on demonstrations.

Mr. Scofield encouraged students to be adaptable to the evolving use of technology and try to understand how these changes can benefit the various professions. Careers that have not been

traditionally associated with technology such as fashion and healthcare industries are now relying more and more on technology. For example, wearable technology has become a big hit in the world of fashion. Music is another industry that relies heavily on technology. In the healthcare field, there has been discussion about how the future of 3D printing can be utilized to print prosthetics, dentistry and casting.

To help liven the discussion, students were given the opportunity to witness the printing of a finger using a 3D printer and create their very own mix tapes and music demos using an HP Sprout.

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# Sister of Murdered Child in 1985 Raises Money for Headstone

**Tom Duggan**

VALLEY PATRIOT PUBLISHER

The friends and family of a child murdered in 1985 have privately raised nearly \$4,000 for a headstone, 30 years after the murder of Michelle Pimentel in 1985.

Pimentel's friends and family raised the money in less than one week after appearing on 980WCAP's Paying Attention Radio program to tell their story and ask former Kane School (Now the SLE) graduates in the area for help.

Because of the response of Valley Patriot readers and WCAP listeners, last week Pimentel's sister, Christy Rivera, walked in the doors of Colizzi Memorials to pick out a headstone for her sister.

Flanked by her son Zachary and her husband Rickey, Christy Rivera sat and worked with Mike and Candy Colizzi picking out a headstone, working on the laser etching of Michelle's image and a poem she wrote for her sister.

Rivera tearfully thanking the Colizzi's and everyone who donated to memorialize her sister.

"This is so wonderful," Rivera said weeping. "It's been so long and she is finally going to have the gravestone she deserves."

## THE CALL THAT MADE IT HAPPEN

Calling into 980WCAP radio, Michelle's sister, Christy Rivera said that she started a GoFundMe page last August to raise the money for a gravestone, but had only raised a few hundred dollars.

"People who go to her grave looking for her need to know where she is. Everyone deserves that," Rivera said.

She says it broke her heart that many of her sister's friends are afraid to ask where she is buried.

"She needs a gravestone so people can go and find her," Michelle's childhood friend, Lisa Henshall said.

"She deserves a stone. Unfortunately, Christy's family was not able to afford a gravestone, even at her burial people kicked in to help pay for Michelle to be buried. So, here we are today, 30 years later, and she still has no gravestone."

Mike and Candy Colizzi said they were donating some of their services, also donating \$500 was Johnny Tarshi of the Tarshi Law Office on Essex Street, Superintendent Riley, employees of the Lawrence Public Schools and dozens of donators to the GoFundMe page online.

## THE MURDER OF MICHELLE PIMENTEL

"Back in 1985 ... my older sister was murdered by my step-father. She was 15 at the time, I was 14," Christina Rivera recounted.

"After he murdered my sister, he came home that night, he had told my mother he had gotten into a bar fight. He had about a six-inch knife wound in his hip,

so, we took care of him because he was leaving the next day to go to New York to go live with his son."

But Christy said it wasn't long before they learned what had really happened.

"My mother's husband murdered my sister. It was a pretty brutal murder. He had fallen in love with her. I was living in Santo Domingo, Dominican Republic at the time. I had just gotten home and I had only been back here for five days. She came over, and let me know she wasn't living [at home] at the time. She said she was living on Tremont Street, and that she would talk to me tomorrow ... tomorrow never came."

"He chased her around the house and stabbed her, it was pretty brutal."

Michelle's classmate, Lisa Henshall, said that she told Michelle before the murder that she had to come forward about the abuse at home, and that she had to tell school officials what was happening.

"When we were in school in the 8th grade," Henshall says, "We were in gym class. Michelle approached me and said that some things were going on at home, her sister Christy was coming back into the picture, and she was worried for her safety. So, I convinced her to go to the

school and tell them what was happening at home."



"The school, of course, called the proper authorities and Michelle was taken from the home at her mother's to go live with a friend of the family."

"Shortly after that, we got the call and the whole school found out that Michelle

had been murdered. He had gone to the home where she was staying and laid in wait for her. She was supposed to have a friend stay with her that weekend; she wasn't supposed to be alone. He went there and forced his way into the house and killed her."

The murderer was arrested by Lawrence Police but escaped shortly after. Not long after he was recaptured, he attempted suicide, lived in a coma for a few days and eventually died from his injuries. "He took the coward's way out," Rivera said of her stepfather.

Henshall says that the family couldn't afford the burial or a gravestone.

"So, what we did was, we went to class and asked the woodworking teacher after the funeral arrangements were made ... the woodworking teacher helped us make a cross for her grave and it's still there today after 30 years, which is absolutely amazing. I was dumbfounded that Michelle didn't have a proper stone. It's



Christina Rivera (2nd from left) the sister of Michelle Pimentel (who was murdered in 1985) will finally have a headstone for her sister's grave. She is flanked by her husband Rickey and her son Zachary. To the right of them are Mitch Colizzi (back), Candy Colizzi, and Mike Colizzi of Colizzi Memorials.



very hard to find the grave because the cross is so small. Christy, Michelle's sister, is the mother of five children and she has tried to collect the money throughout the years to do this for her sister, and has not ever been able to do it. Something always comes up."

## A JULY SERVICE

Mike Colizzi of Colizzi Memorials in Methuen said that the stone will be ready some time in July. Christy Rivera said they when the stone is ready to go on Michelle's grave she plans on having a small service with family and friends.

**SPECIAL THANKS** to those who contributed: The staff and students of the South Lawrence East Middle School, Marion Grochmal, Dawn DeRosa, Tricia Covey, Christina Greaver, Thomas Lessard, Lisa Henshall, Janet Montanez, R. Fortin, Jana deBeer, Dan Kirk, Edward Reynoso, Jassmyn Chavez, Tina Cole, Sarah McLaughlin, Jeffrey Riley, Maggie Carberry, Laura Pallazola, Mary T, Lynn Andelman, Scott Kuhagen, Stacy Manfrate, Ryan Gentry, Lisa Krebs, Kelley Sipsey, Cindy Lefebvre, Shawna Currier, Dan Terry, Eric Phetteplace, Andre Ramy, Ann Sciuto, Kerri Mazzaglia, Tom Dardas, Xiomara Hernandez, Shauna Ruffen, Lisa Candelario, Deb & Paul Lamothe, Suzanne Lafave, Patricia Carignan, Shirley Wood, Mike and Candy Colizzi, Johnny Tarshi, Tarshi Law Office, Hennessey School PTA, 980WCAP.

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IEPAC Spending: Opposed vs. Supported (Statewide Candidates)			
Candidate	Office Sought	Total Spent to Oppose this Candidate	Total Spent to Support this Candidate
Charles Baker	Governor	\$6,378,003	\$3,861,749
Martha Coakley	Governor	\$7,140,467	\$122,907
Steven Grossman	Governor	--	\$753,991
Barry Finegold	Treasurer	--	\$125,624

## Super PACs Spend More Than \$20M on 2014 Elections

Independent Expenditure “Super” PACs and other independent groups spent \$20.4 million in the 2014 election, according to an OCPF review of disclosure reports filed by those entities. It was the first statewide election in Massachusetts in which Super PACs played a role.

The total in 2014 is twice the amount spent by independent entities in the last statewide election in 2010, when \$11.5 million was reported.

More than half of the 2014 total, \$11,012,216 was spent to benefit the gubernatorial winner, Republican Charles Baker. A total of \$6,926,733 was spent to benefit the Democratic candidate Martha Coakley. The remaining funds were used for other statewide and legislative races.

Independent committees and groups spent more to support or oppose the party finalists for governor than the candidates spent themselves. Baker’s campaign reported \$5.6 million in expenditures and \$1.2 million in in-kind contributions.

Coakley’s campaign spent \$3.9 million and received \$2 million in in-kind contributions.

Almost all of the in-kind contributions came from the state parties for each candidate.

Independent expenditures are made to support or oppose candidates without coordinating with their campaigns. Super PACs (IEPACs) accounted for most of the independent spending in 2014, \$19.2 million. Groups that are not political committees and spent money from their general treasuries reported an additional \$915,970 in independent expenditures.

Most of the spending was done by two Super PACs: the Commonwealth Future

IEPAC and the Mass IEPAC. Commonwealth Future reported \$10.4 million in expenditures to benefit Baker, with \$10,770,000 in receipts. All but \$20,000 of the receipts was from the Republican Governors Association.

The next highest spender was the Mass IEPAC, which supported Coakley with \$6,253,003 in expenditures. The Mass IEPAC raised \$7 million from the Democratic Governors Association, Emily’s List MA PAC, labor unions and individuals.

All reports by Super PACs and independent groups are available on the OCPF website by clicking here.

Super PACs originated in 2010 after two court decisions. In the U.S. Supreme Court’s Citizens United vs. FEC decision, the court ruled that independent expenditures by corporations that are made to influence candidate elections cannot be limited, because doing so would not be consistent with the First Amendment.

The second court decision, SpeechNow.org vs. FEC, held that individuals, corporations and other groups can provide funds without limit to independent expenditure-only committees (Super PACs). This decision was made by the U.S. Court of Appeals in D.C. Massachusetts Super PACs are required to file campaign finance reports shortly after making an expenditure to support or oppose a candidate or candidates. The reports also disclose information about contributions to the Super PACs.

Super PACs were also required to file year-end reports, due by Jan. 20, 2015, disclosing all expenditures and receipts, including administrative costs for such things as consulting and legal expenses.

## House to Conduct Biometrics Study to Prevent Welfare Fraud

House Minority Leader Bradley H. Jones, Jr. (R-North Reading) has secured language in the fiscal year 2016 House budget aimed at detecting and reducing fraud in the state’s public assistance programs through the use of a biometric authentication system.

The language, approved unanimously as part of an omnibus budget amendment on April 28, requires the Department of Transitional Assistance (DTA) and the Executive Office of Health and Human Services to report back to the Legislature on existing fraud detection measures used within these state agencies and to undertake a study of the feasibility of implementing a biometric authentication system to enhance these efforts.

“This study is needed to evaluate if we can feasibly create a reliable system of identification to eliminate fraud within the Commonwealth’s public assistance programs,” said Representative Jones. “Based on similar efforts implemented in other parts of the country, it seems reasonable to believe that this could save the state millions of dollars by preventing individuals from fraudulently claiming public benefits they don’t actually qualify for or deserve.”

The amendment was co-sponsored by the House Republican leadership team, including Representatives Brad Hill of Ipswich, Elizabeth Poirier of North Attleborough, Susan Gifford of Wareham, Paul Frost of Auburn and Todd Smola of Warren. Additional co-sponsors included Representatives Nicholas Boldyga (R-Southwick), Marc Lombardo (R-Billerica), Sheila Harrington (R-Groton), Kimberly Ferguson (R-Holden), Leah Cole (R-Peabody) and Steven Howitt (R-

Seekonk).

A biometric authentication system can prevent fraud by using a person’s biometric identifiers, such as fingerprints, to crosscheck their enrollment in other public assistance programs to see if there is a match. New York State has saved an estimated \$314 million preventing fraud-related losses since April 1995 and Los Angeles County has saved \$55 million. Texas and New Jersey have contracts for pilot programs, both of which utilize fingerprinting, although New Jersey’s program also incorporates some facial recognition techniques.

A May 2013 state audit found that Massachusetts’s welfare benefits were being paid to dead people and to people living out of state. Representative Jones said biometric authentication could help prevent this type of fraudulent activity.

“DTA already has a program integrity unit that is focused on preventing fraud and has also implemented a new data matching program, where information from 22 sources is automatically checked when a person applies for state benefits,” said Representative Jones. “Putting a biometric authentication system in place could supplement these initiatives and reduce wasteful spending of taxpayer dollars so the state can direct its resources to those who truly need public assistance.”

The state Senate is expected to release and debate its own version of the budget in May. A six-member conference committee will then work to resolve the differences between the two branches’ spending proposals and produce a final budget that will be sent to Governor Baker for his signature.



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## Man Who Recorded Police During Drug Arrest Interfered with Officers, Up on Drug Charges

Tom Duggan

VALLEY PATRIOT PUBLISHER

According to documents obtained by The Valley Patriot, the man involved in videotaping police officers and walking between police and suspects during a drug arrest, (see initial story below) is himself on charges for drugs.

Initially, identified as Jay Carattz by an online "news" blog the Bay State Examiner, police reports show the man's name is John Carattini and was arrested on drug charges in 2013. The Bay State Examiner has since updated their story with Carattini's real name.

A police report from July of 2013 shows that Lawrence Police, following up on an investigation into a previous armed robbery and shooting at a home on Bennett Street, executed a another search warrant to find John Carattini and others in the home with heroin, scales and drug packaging paraphernalia.

Carattini has been hailed in social media blogs as a first amendment hero who was targeted by police for filming them during an arrest. Police officers, however, say that Carattini could have been hurt during the incident and that Carattini walking between them and the suspects they were arresting put everyone on the scene at risk. Police say that Carattini's cell phone was initially confiscated to make sure one of the victim/witnesses were not shown on the video for their own safety, and returned the phone to Carattini.

April 18, 2015

The actions of a Lawrence police officer during a drug arrest have gone viral on the Internet, gaining the attention of anti police activists and news organizations hostile to law enforcement like The Bay State Examiner.

At issue (seen above) is a Lawrence man who decided walk in between police officers and the suspects being arrested on drug charges. The man, identified by the Examiner as Jay Carattz, recorded the incident, which lead to one of the Lawrence police officers confiscating his phone and detained him for interfering with a police investigation.

Acting Lawrence Police Chief James Fitzpatrick addressed the issue in a press release saying that both Mr. Carattz and the officer could have shown better judgement, but that Carattz should not have interfered with police officers while performing their duties.

"On Wednesday, Lawrence Police Officers were arresting multiple drug suspects when a citizen walked through the arrest scene, between the suspects



"No one, for their own safety, should walk between police officers and suspects during an arrest, and police officers should always conduct themselves in a courteous manner, regardless of how high emotions may run during arrests."

~Chief Fitzpatrick

and the officers, with an active video camera. That citizen was detained by the officers."

"Having viewed the video, which was posted to social media it appears that both parties – the citizen and police officers – should have used a different approach. No one, for their own safety, should walk between police officers and suspects during an arrest, and police officers should always conduct themselves in a courteous manner, regardless of how high emotions may run during arrests."

Fitzpatrick also stated that an internal police investigation is being conducted and he will await the results of that investigation.

"The proliferation of cameras, both fixed and mobile, in this day and age means that the actions of police officers and criminal suspects alike are subject to the greater levels of scrutiny than ever before in history. As a police chief, I welcome scrutiny because it will result in better policing and better police officers."

"Citizens have the right to film police officers performing their duties, and I have issued a general order to every member of the Lawrence Police Department reminding them of this right. A full and thorough investigation is underway by the Lawrence Police Department Professional Standards Unit."

The chief said he welcomes the input of the community on this matter.

## Adventures in Transparency

Kathy Runge

VALLEY PATRIOT LAWRENCE COLUMNIST

Although, in my opinion, violating the Open Meeting Laws is not unusual for our city council, the newest show of disrespect for city residents has to be the placing of this month's Semana Hispana fundraising carnival at the South Common with no prior notice given to the neighborhood residents. It's pretty bad when a council member, District F Councilor Marc Laplante, files an Open Meeting Law complaint against his own organization!

Maybe the location will work out. I hope so. Regardless of your feelings on the location, the residents of the affected neighborhood had a right to know this in advance. It's not a big deal for at least 6 of the councilors, with excuses like it's only one time, and Semana Hispana doesn't want the location permanently. I guess that's a good thing, since apparently this council would give it to them for the asking. Let me say that I'm not criticizing Semana Hispana. They just want to have their fund raising carnival. It's the City Council that has behaved badly yet again, led by Council President Modesto Maldonado.

The members of the Ordinance Committee, which includes President Maldonado, knew about the two proposed alternate locations at their meeting but didn't feel that information was important enough to inform the public. They claim that this information was well known and easy to find out. Let's examine that claim.

The permit request doesn't appear on any Ordinance Committee agenda posted online at the time of this writing. One would have to guess at what meeting it was considered. You could go through recent council agendas to see when the item appeared as new business, and try to deduce at which Ordinance Committee meeting the item was discussed.

The committee meetings may be available on DVD if you have \$10 to waste and a week or so to wait. No committee meetings have been posted on the council's YouTube channel yet this year. The alternate locations were not listed on the agenda for the council meeting of April 7, when the permit was granted. So unless you happened to go to the correct Ordinance Committee meeting or watch it or one of its limited reruns on cable TV, the average person would have had no knowledge of the proposed alternate sites.

The agenda for the April 7 meeting says only that an alternate location for the carnival is to be found. Oddly enough, that council meeting is missing from YouTube.

I'm hearing that the event's listing on the agenda doesn't violate the Open Meeting Law since it specified that an alternate location was to be found. The theory is that if any resident of Lawrence didn't want the carnival in their backyard, they should have come to the meeting of April 7 to make sure it didn't get scheduled there.

Even if the Council's actions didn't technically violate the OML, is this how you want your city council to behave? Is this the consideration the city residents deserve?

During the discussion on whether to suspend the rules and reconsider the permit at the April 21 meeting, Councilor Aquino didn't think it was fair to be talking about an item when the people affected were not even there. Of course she was referring to Semana Hispana. Too bad she didn't have the same concern for the affected residents of the South Common area at the prior meeting.

Councilor Aquino also claimed that the matter was already decided. Did she mean decided like the residency requirement that had been legally voted down? Council had no problem having a redo on that vote.

Councilor Almonte provided the entertainment when she stuck her head out of the side room to cast her vote against reconsideration of the permit. Yes, she was too bored or miffed to sit at her seat for the discussion. We should be glad she was there. She permanently exited before the meeting was over.

Many residents and politicians, including Councilor Maldonado, attended the South Common Neighborhood Association meeting of April 28 to air their concerns. Councilor Laplante found that local ordinances and state regulations were violated during the permitting process. But, as we know, laws are for mayors and ordinary people to obey, not our City Council. Even after learning of the ordinances that weren't followed, Maldonado wouldn't admit to even a smidgen of wrongdoing.

Maldonado spoke at the neighborhood meeting, speculating as to the cause of the residents' displeasure. He just couldn't understand the opposition. Could it be racism? He wondered if the residents were unhappy with the carnival because we consider Lawrence two different cities, the North (Hispanic) versus the South (non-Hispanic). What decade is he living in? He must not come to South Lawrence much. Someone used the term "riff-raff", which he also thought may be racist. Is this a preview of his campaign platform?

Most residents of the South Common neighborhood considered the carnival

TRANSPARENCY: PAGE 16

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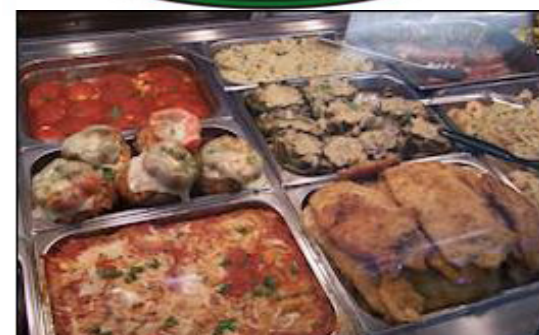


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State Money for Methuen in  
Massachusetts House Budget

Review of “Dig and Dig Deep”

On Wednesday, the House concluded deliberations for the proposed FY16 with funding allocated for significant projects throughout the Merrimack Valley. In addition to the much toted \$400,000.00 funding for the Nicholson Stadium Project the House FY16 Budget also included funding for additional Methuen programs and projects sponsored by the delegation.

The Methuen Arlington Neighborhood, which works closely with the City of Methuen to combat gang violence, improve affordable housing stock, and revitalize the Methuen-Arlington Neighborhood also received \$50,000.00 in the House budget.

“Community resources like Methuen Arlington Neighborhood, Inc. serve as important tools and I look forward to watching this organization grow through the enhancement of entrepreneurial opportunities, neighborhood investment and other development activities for the residents of Methuen,” said Representative Frank Moran, the primary sponsor.

“M.A.N. INC. has been an incredibly successful and effective organization. This funding will allow them to continue their work targeting at-risk youth and helping to build this community,” said Representative Linda Campbell.

“The work M.A.N., Inc. does on behalf of the residents of the Methuen Arlington Neighborhood is immensely important and I stand with my colleagues in the Methuen House delegation in celebrating the securing of these funds,” said Representative Diana DiZoglio.

Linda Soucy, the Director of the Methuen Arlington Neighborhood, commented that “these funds are critical as they represent half of our operating budget of \$100,000.00. Specifically, these funds are used only for programming. Our entire budget goes directly to the children. I am thankful for the many who volunteer their time and talent to administer these

programs.”

Also include was fifty-thousand dollars for the Methuen Rail Trail, a project long considered to be important to revitalizing the Methuen Downtown Area.

“I have been a strong supporter of the Methuen Rail Trail and was highly supportive of funding for the Rail Trail in this and past budgets” said Campbell, “Not only does this provide valuable public space for families, cyclists, and children, but we know that important investments like the rail trail can be very useful for leveraging private investment, especially in downtown areas.”

“I’d like to thank Representative Campbell for taking the lead on this project. This nearly 2.5 mile long trail will bridge our communities and provide unique access and recreational opportunities to residents and visitors,” Moran said. “I look forward to the completion of this project and the accessibility it will provide from the Spicket Greenway to the Granite State Rail Trail system,” said Moran.

“The Methuen Rail Trail is a wonderful and safe community resource, perfect for hiking, cycling, walking and running, and I am truly delighted by the allocation of these funds,” said Representative DiZoglio.

“As Mayor of the City of Methuen it has been a great pleasure to work with our State House Delegation,” said Methuen Mayor Steve Zanni. “They listen to the needs of the community and have delivered the goods, not only for Nicholson Stadium, but also for the Arlington neighborhood and other priorities. I look forward to continuing to work with them on future initiatives.”

The House FY16 Budget also marks the first year since the recession in which the State has not drawn funding from the “Rainy Day Fund” and is consistent with Governor Baker and Speaker DeLeo’s pledge to not raise any taxes or fees.

As a past commander and service officer at both the American Legion and the Disabled American Veterans I have heard many men and women recount their military experience but none with such clarity and honesty as portrayed in the book “Dig and Dig Deep”.

Written by Richard Arnold with Guido N. DiMatteo III and Frederick Gale, MD this book is dedicated to those brave souls who served in the defense of freedom. This book is a time capsule of WWII comprised of the experiences of one young soldier. Powerful, straightforward, and compelling, this is a truly amazing story of survival – and duty. Hard to put down.

God, fate, destiny, or whatever you want to call it intervened to shape this man’s life in incredible ways. Early on you read how Arnold’s father attempted to shield him from the worst of the war led instead to placing him on the front lines. You learn how a single letter from his cousin gave him the advice he needed to live through his first time in combat – telling him to “dig and dig deep”. (When he

dug out he realized only 7 of the 157 men in his company were either alive or uninjured.) And then there is his experience as part of the liberation of Buckenwald.

Many details are set forth in the book. Combat situations he was in are analyzed. There are detailed pictures of equipment, maps, and insignia’s. Terms that the layperson might not be familiar with are explained. Several websites are listed for further information. This book is not only a personal history but also a lesson in civics. It is not a dry message; it breathes and comes to life in a way that only a life lived can elucidate. I was constantly amazed that this human endured all he did and was able to write about it.

Shortly after I read this book for the first time Mr. Arnold died. I really would have liked to have met this incredible individual. At least through his military memoir I feel that I was able to come to know a small part of his soul.

I highly recommend this book.

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# The Message of “Hope”

**John MacDonald**  
VALLEY PATRIOT LOWELL COLUMNIST

I often talk about leadership and wonder where the next great political leader will emerge from within the United States.

What Governor, Congressman, Senator, educational or business leader will emerge as a leader and actually fix what is most in need in this country, which is a positive attitude as much as it is a positive direction. Surprisingly the heroic action and words of the late Robert F. Kennedy in 1968 Indianapolis didn’t sink in on any of our current crop of leaders, while the nation watched gangs loot, burn and brutalize Baltimore.

Who stood up or stood out? Certainly not President Obama. The President has failed on so many occasions, why bother to even list them anymore? It’s far too depressing.

As we’ve experimented with the President’s extreme progressive (regressive?) policies, we yet again see the colossal failures of what good intentions and dependence on government does to cure society’s problems. We’ve seen how Progressive policies have negatively impacted diplomacy and our standing around the world. I wouldn’t say that ultra conservative policies are the answer either, but under Progressive leadership things have certainly gone from bad to worse. Especially in the poorest of our communities.

How has the President been a leader in the African American community?

What has he done to inspire a community of people he calls his own? What has he done to ease racial tensions? What has he done to show that we all can work together? What has he done other than prove he could get elected? Elected with the help of all Americans by the way. The proof is before us and the answer is little to nothing.

I do believe in the President’s original message of hope. However where we differ is perhaps our definition of what

hope means and how it will help in the poorest neighborhoods and communities in our country. As the President has shown through his policies, hope means giving everything away in the “Hope” that people will take it upon themselves to do something in return. It doesn’t work. Not in Baltimore and certainly not in Detroit, where we’ve seen decades of liberal policies fail the city and turn it into a third world environment.

I believe hope means that we show people a path to prosperity. Government can be in a position to help lift you, but with a mutual effort on the individual’s part. Jobs provide people hope. Success provides people hope. Positive examples provide people hope. Education provides people hope. And in the poorest of our communities, this is where hope needs to be planted. Government public works jobs could be a start. Work to improve our infrastructure in exchange for a hand up. Every able-bodied person could see how work was the path to success. Rather than the President’s brand of dependence on a monthly government check to stay home and hope that circumstances will somehow change. Military service, mandatory for those convicted of minor crimes. Military service teaches leadership, life and job skills, which can be translated into hope.

Who amongst our leaders has the courage to speak such language or show such a path? I’m not sure, but I’m still hopeful.

*John MacDonald is the President/CEO of Big Decisions, LLC, which is a management consulting business that concentrates on offering strategic advice on Marketing, Public Relations, Economic/ Business Development and Social Media. John has a long career of success, achieving record results in the communications field and spending over 20 years managing marketing budgets, driving the bottom line in the financial services, restaurant, retail and real estate industries.*

# Lowell Student Wins Annual Congressional Art Competition

Congresswoman Niki Tsongas would like to congratulate Halle Ferreira of Lowell, winner of the 2015 Congressional Art Competition.

Tsongas hosted an artists’ reception this past weekend at Mill No. 5 in Lowell to announce the winner and runners up of her annual Congressional Art Competition. All of the 50+ submissions to this year’s competition were displayed during the event, which featured a keynote talk from the Chair of the University of Massachusetts-Lowell’s Art Department, Jehanne-Marie Gavarini.

A resident of Lowell and a student at Greater Lowell Technical High School, Halle will have her artwork – a vibrant piece of digital art entitled, “Snow Day” – displayed at the U.S. Capitol building for one year, receive two complimentary airplane tickets to Washington, D.C. to participate in the national ceremony, and will receive an artistic scholarship.



The First Runner Up this year, Taylor Lefebvre of Dracut, was the overall winner of last year’s competition. Other runners up included: Jindi Ren of Marlborough, the Second Runner Up; and Katherine Long of Westford, the Third Runner Up.

The annual Congressional Art Competition is sponsored by members of Congress in their home districts to encourage the artistic talent of high school students. The winners from the Third Congressional District were determined by a nonpartisan panel of artistic, cultural, and community leaders from the area.

Congresswoman Tsongas released the following statement.

“The Congressional Art Competition has always been a great opportunity to encourage and share the artistic talents of our high school students throughout

the Third District, providing them with the opportunity to have their artwork displayed in the U.S. Capitol Building. I especially want to congratulate this year’s winner, Halle Ferreira, in addition to all the runners up and participants in this year’s competition. There truly is a wealth of creative young minds here in the Third District.

“Art plays an important role in the lives of us all. From a young age, art helps us become well-rounded individuals and encourages creative expression. Even during difficult economic times, it is so important that we continue to provide funding for public art and art education. These are all part of the broader ‘creative economy’ that helps spur the kind of innovation and business that make us more competitive in today’s increasingly global economy.”

# National Learn to Row Day

The 14th-annual National Learn to Row Day sponsored by Lowell Community Rowing/MRRA and US Rowing will take place on Saturday, June 6th, at the UMASS/Lowell Bellegarde boathouse, 500 Pawtucket Boulevard from 9am to Noon.

No experience necessary! Young and old alike can enjoy learning a low impact sport that will last a lifetime. We have experienced rowers that will introduce you

to the fundamentals of rowing.

Programs are offered to accommodate a range of skill levels.

Tour the boathouse, row on the barge, try out an erg, meet our members and learn about the programs we will be offering this summer. If interested, sign-ups will be available. For more information, visit our website at [www.lowellcommunityrowing.org](http://www.lowellcommunityrowing.org) or email [info@merrimack-rowing.org](mailto:info@merrimack-rowing.org)

# Collecting Unpaid Taxes is “Taking Care of Business” in Dracut!

James Duggan, Town Manager of Dracut believes in continuous improvement and is determined to help make Dracut a better place. Taxes are critical to town operations and when taxes go unpaid or are ignored, everyone gets negatively affected. “Uncollected tax money is a place that every municipality examines closely on a continual basis and every dollar collected in taxes matters when delivering town services. Responsible businesses in Dracut pay their taxes on time, why should those who don’t pay not be held accountable?” said Jim Duggan.

Personal property taxes is a business tax that can often go ignored and unpaid for years. In an effort to utilize a collections specialist, at no cost to the town, Manager Duggan, in conjunction with the Board of Selectman, has contracted with F.H. Cann & Associates of North Andover to collect on the delinquent accounts. Currently F.H.



Cann & Associates is helping over 30 other Massachusetts cities and towns and have created a niche in collecting these types of taxes.

“I believe that this program is in the spirit of our campaign “Taking Care of Business” that launched less than a year ago. My administration is serious about helping Dracut prosper.” said Jim Duggan.

# TRANSPARENCY: FROM PAGE 13

a fait accompli. They just wanted to express their unhappiness and know the details, including any plans the police may have for public safety and traffic, who was going to clean up, and where everyone was going to park.

It’s a shame the residents of South Lawrence got treated this way by their elected officials. All of the councilors

originally voted to grant the permit except Laplante, who was a ‘no’, and Almonte, who was absent. The only member who voted in favor of the location and wanted to reconsider at the next meeting was the Chair of the Ordinance Committee, District E Councilor Eileen Bernal. Remember this at the polls in the fall.

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## Portsmouth Police Arrest Lawrence Man on Felony Drug Charges, Seize \$2,800 in Heroin, \$1K in Cocaine

Portsmouth police arrested a Lawrence man Friday, after detectives, K-9 units and High Intensity Interdiction Team members made a drug arrest in the vicinity of the Portsmouth Rotary. As a result of this operation, police seized heroin with an approximate street value of \$2,800, and cocaine with an estimated street value of \$1,000.

Elieser Bonilla, of 393 Hampshire St., Lawrence MA, is charged with illegal sale of heroin and illegal sale of cocaine. Bonilla was held on \$25,000 cash bail and will be (video) arraigned on 4-13-15.

Police are asking help from the public. If you have any information concerning this incident, please contact Detective Adam Kozlowski at (603) 610-7538.

Those with information may also contact Seacoast Crime Stoppers by leaving an anonymous tip at (603)431-1199 or at [seacoastcrimestoppers.org](http://seacoastcrimestoppers.org).



**Elieser Bonilla (5-15-95)  
of 393 Hampshire St., Lawrence**

You can also text your tip to CRIMES (274637) with the letters "TIPSCS" and leave your tip that way. If your tip leads to an arrest or indictment of the individual you could receive a cash reward of up to \$1,000.

## OPIOIDS: FROM PAGE 2

al policy of pursuing aggressive enforcement actions to dislodge the problem from within their own city or town borders.

Many proclaim at news conferences that "drug dealers are not welcome in our community".

Therefore, the result is that that both dealers and abusers are pushed away to ply their trade in communities with weaker enforcement capability. This might help the statistic of a city or town but not the overall statistics in our state. In the aggregate, the suffering is still a measurable tragedy.

Furthermore, a proliferation of advocates, non-profits and intervention services pursue their own policies that range from a humanitarian outreach to limited interventions that are aimed to help many, but not many are helped completely.

The typical scenario is that many detox centers dispatch a patient after only a week and without equipping that individual to pursue a life without reliance on drugs long-term.

Our governor possesses the skills, leadership style and network of policy makers and service providers that could develop a comprehensive and coordinated standard for ensuring strong enforcement, justice and intervention capabilities that are aimed at eradicating the problem comprehen-

sively. The overall goal is that no community should suffer the consequences of this scourge because they lack the resources that other surrounding communities may have. At the minimum an emergency panel to review current policies, funding mechanisms and program goals should be convened not dissimilar-in format-to the group that successfully identified the problems at the MBTA. Secondly, whether the initial report produces the need for creation of a new authority with over-reaching powers such as a Massachusetts Drug Czar or, more likely, legislation that establishes and requires localized adoption of best practices the impact will likely produce tangible results over time.

And even though those results are simple to understand they will be difficult to realize but we have no recourse but to try. We owe it to those in the throes of addiction to be provided clear pathways for recovery and productive, re-assimilation into society. And we need to be more consistent in extracting through the criminal justice system abusers, dealers and traffickers who can be rehabilitated. Finally, those who fan the fires of destruction by profiting from the drug trade must be removed from our streets and neighborhoods.

## Carly Fiorina: Charity, China, Crime, and Citizenship

**Alex Talcott**

DURHAM, NEW HAMPSHIRE  
PRESIDENTS AWARD WINNER

(Expected 2016 presidential candidate Carly Fiorina was chief executive officer of Hewlett-Packard Company from 1999-2005 after positions at AT&T and Lucent Technologies. She was the 2010 Republican U.S. Senate nominee in California and now resides in Virginia. Since 2014, the Unlocking Potential Project has been her primary political cause, engaging women voters. In May, she will be a commencement speaker at Southern New Hampshire University, where this interviewer teaches.)

When you're on the debate stage, there will be "Governor" and "Senator" honorifics. In addition to "former CEO," you have the current title of "Chairman"—of Good360 and Opportunity International. Great causes. What do you as Chairman do?

In the case of Good360, when I came in, we had some very important strategic decisions to make. Specifically, we needed to decide whether we were going to continue to invest very heavily in a technology platform and what the design of that technology would be. And so I led those deliberations. We in fact did decide to make those investments, but when you're a charity you have to think very carefully about spending money for the future or spending money on the present for people in need.

So now we're at a point where we just rolled out a new version of our technology platform called GivingPlace. We're rolling out some more capabilities this summer which will permit us to match donations over time to disaster areas so that we can solve the problem that exists today, where 60% of everything that is donated after a disaster ends up in a landfill, believe it or not, because it's the wrong material at the wrong time. So that's one example of what I've done at Good360. I also spend a lot of time with our team on what we ought to be doing to strengthen our partnerships. I distribute goods with our team.

And in the case of Opportunity International, we have come together as a global organization only recently so we have been establishing our governance procedures, making some very important operational decisions about how we manage our banks going forward. And so in both cases, these are very active roles in support of the management team and in conjunction with our other board members.

Chinese state theft of American intellectual property: how have you experienced it or determined it's happening—from in-house at HP, Lucent, AT&T? Your CIA External Advisory Board chairmanship?

Well there's no doubt that it happens. And there's massive amounts of evidence, whether it's counterfeit products that suddenly appear on the Chinese market that are exact duplicates or replicas of patent-protected products, whether it's the Chinese government making very strenuous demands of companies. And you may have noticed the Chinese government has gotten much more heavy-handed with American companies in the recent years. But making very strenuous demands about turning over source code... So there's just no doubt that it's happening.

Likewise, there's no doubt that China engages in state-sponsored cyber hacking against both American companies and American government systems. China is certainly a competitor to the United States. We are also interdependent of



course. Our economies are intertwined. But there is no question that China is becoming increasingly aggressive: in terms of their military buildup, their outreach — threatening outreach in many cases — to their neighbors, as well as in how they try and compete against our companies, and as you point out steal our intellectual property, because the Chinese, because of their very autocratic system frankly, are not a very innovative culture. Not because the people aren't smart, but because when you suppress risk-taking and dissent you tend to suppress innovation and creativity as well.

I teach business law and criminal justice. Coming from the corporate world, do you feel you have more expertise and insights on white-collar crime as compared to community law enforcement or gun violence?

I would start by saying we need criminal justice reform. What do I mean when I say that? It's quite clear that we do not enforce the laws we have in terms of community crime. It's also quite clear that we do not apply the laws equally. It's clear that there are some people who should be in jail and too many people for whom mandatory sentences are applied unevenly. So we have a lot of work to do to in terms of community crime and criminal justice reform.

White-collar crime is a serious issue, because it corrodes people's faith in the market system. It corrodes people's faith in the financial system. And we need to handle it seriously. I must say that I do think there are many instances as well where government regulatory agencies have been lax in their duties, and when that is discovered they then overreach and try and suppress all the risk-taking out of the market system which doesn't help either. The classic example of that of course would be Dodd-Frank, where clearly abuses occurred in the financial system, 24 or 25 regulatory agencies were asleep at the switch, everybody kept pushing Fannie Mae and Freddie Mac to take unreasonable risk at the taxpayers' expense, and Dodd-Frank didn't fix any of that. In fact, it increased the financial risks of the system by consolidating ten banks "too-big-to-fail" into five, and meanwhile 3,000 community banks have gone out of business because they cannot deal with the complexity of this new set of regulations.

The Carly for America PAC announcement video with your secretary-to-CEO story as only-in-America: do you think your path and that of President Obama really are only in America, and couldn't be accomplished in, say, Australia or Ireland?

Oh there's no doubt in my mind that only in America could a young woman go from being a secretary to a CEO. I've spent a lot of time in the countries you've just mentioned as well as elsewhere around the world. And I think it is still true that in this country it really was founded on the notion that it doesn't mat-

**FIORINA: PAGE 29**

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The Kiwanis Club of Greater Lawrence held their 17th Annual Fabulous Feast on Wednesday April 29th at the Andover Wyndham. They had over 350 guests and 18 restaurants at the event which raises money each year for children's initiatives in the Merrimack Valley. In addition, Kiwanis had two honorees. Marilyn Fitzgerald of Andover, who won the Gladys and Tony Sakowich Lifetime Achievement Award (not pictured) and Sgt. James Gunter (middle right) of the Methuen Police Department, who won the 2015 Humanitarian of the Year Award. Each honoree also received a citation from the Massachusetts Senate recognizing their accomplishments.



Congratulations go out to the Stoughton Middle School hockey team for their exceptional performance in the Foxboro Sports Center Junior High League Championship game on Tuesday, April 7th. The Stoughton Knights came out victorious as the Division B1 Champions in their outstanding 8-1 win over the Brockton Boxers. Our Knights fought hard against a tough Brockton team. Both teams should be commended for their outstanding seasons! The 2014-2015 Knights are: Coach Buddy O'Neil, Assistant Coach Dan Bates, Michael Nazzaro, Carter Gerome, Captain Sean Doherty, Thomas McCoy, Katherine Widrow, Haley Nelson, Alternate Captain David Hatch, Luke Bainton, Alternate Captain Josh Hough, Charlie Morgan, Justin Obrock, Evan Jackman, Reese McLeod, Dante DeMarino, Noah Dembrowsky, Dominic McGloin, AJ Palermo, Ryan Reese and Goalie Brendan Todd.



Congratulations go out to the Kombat Kids for their exceptional performance in the U12 Girls Youth Soccer playoffs at the South Shore Sports Center on Sunday, April 12th. The Kombat Kids were 1-5 in the regular season but were undefeated in the playoffs, defeating Weymouth in the Finals.

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Lawrence State Rep. Marcos Devers reading to children in the Lawrence Public Schools during his free time.

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Methuen City Councilor Lisa Ferry, State Representative Diana DiZoglio, City Council President Ron Marsan, Jennifer Borislow of Borislow Insurance Agency, Dennis Marcello of State Senator Ives' office and State Representative Linda Dean Cabmpbell.



Ryan Kruschwitz of Plaistow, NH with Joe Ligotti "The Guy from Boston" at Sushi Inaka in Lawrence. Photo right: Vincent A.J. Errichetti, Joe Ligotti, Norm Letourneau, Tom Duggan, Paul Murano, Allan Knowles, and famous weatherman Al Kapielian.



Dennis Marcello, from State Senator Katy Ives' office, Massachusetts State Auditor Suzanne Bump, Joe Bevelacqua and his son Michael, from the Merrimack Valley Chamber of Commerce. Middle photo: the Auditor contemplates a question at the Chamber of Commerce luncheon at China Blossom in North Andover. Photo right: Valley Patriot publisher Tom Duggan with Auditor Bump.

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A state police officer retiring last month won \$5,000 A Week for rest of his life at the Convenience Food Store in Chelmsford. The store is owned by our good friend, Hem Vora.



Lawrence School Committeeman Myra Ortiz holds up her copy of The Valley Patriot at her kickoff party for Lawrence City Council District "A" at Cafe Azteca in Lawrence.



Ye Gay Ol' Valley

A Republican, Catholic, and a Freak

Dani Langiven

VALLEY PATRIOT LESBIAN COLUMNIST

A couple of weeks ago I saw a posting on Facebook that showed Bruce Jenner on the cover of a Wheaties box in the 1970's when he was a decathlon athlete. Next to it was a picture of Jenner wearing a dress on the cover of a box of Fruity Pebbles. On the last Sunday of April, after Jenner's interview with Diane Sawyer where Jenner called himself a republican and a catholic, there was a Facebook posting calling her a freak, too. (Jenner has asked that the media continue to refer to him as male until further notice. I will respect his wishes) I did not see the interview. I was out of the country and had meant to DVR it, but to my disappointment I forgot. I did not want to see it because I wanted to sit on my couch passing judgment or gawk at the freak on my TV screen. I wanted to watch it to see the courageous 65-year-old public figure sit across from an interviewer and allow the world into his private hell. What a brave person Jenner is. And for those who posted judgmental and denigrating comments on social media, your God will deal with you in due time. It's nothing but modern day bullying.

I do not understand those that are transgendered. How could I even begin to? I don't believe it is an emotional disorder. It also does not infringe upon anyone's basic freedoms or civil rights except the transgendered themselves, because of how people view and treat them. By definition, "transgender is an umbrella term for persons whose gender identity, gender expression or behavior does not conform to that typically associated with the sex to which they were assigned at birth." Every transgendered person I have met has stated that their gender identity, how they feel on the inside, does not fit their physical gender identity on the outside.

How horrible it must be for them to have such an internal struggle with their external shell. So horrible in fact, that almost 50% of those who identify themselves as transgendered have attempted suicide. If you are secretly thinking good, I ask: what is wrong with you? Especially if you identify yourself as a Christian, you are not emulating yourself after your savior, Jesus Christ. If he were here, he'd spit in your face and embrace those who you scorn. It must be frighteningly lonely to look at yourself in the mirror and see one gender staring back at you, but feel

completely like another within the soul of your being. While I cannot begin to comprehend what this would be like, I can certainly grasp why suicide would be a comfortable solution. However, they are, after all, someone's son, daughter, sibling, relative or friend and they are human. They deserve to be loved and supported however hard it might be to accept or understand. Isn't that what Jesus would do?

One judgmental ignorant person on Facebook said that if Jenner were meant to be a woman, God would have made him a woman at birth. If this were true, then how does this person explain hermaphrodites and birth defects? Did God make them that way? Does this person know how genetics work? God doesn't decide what sex people are, X and Y do. God has nothing to do with who we are at conception and birth or who we become as our lives unfold. I am the master of my own destiny. If you believe otherwise, then God decided that some people would be transgendered.

Jenner was labeled a freak. I'm sure that the person who used that term believes that all transgendered people are freaks. The definition of freak is, "any abnormal phenomenon or product or unusual object." By definition, anything manmade is a freak. Everything manufactured by man is not a natural phenomenon; therefore, all manufactured goods are freaks of nature. How many freaks of nature do you buy, use, and/or consume on a daily basis? While on the subject of abnormal phenomenon, God is exactly that. How many of you have met it? How many Gods walk the earth and interact with the normal phenomenon we call mankind? I'm willing to bet none. God is most unusual. How many of you worship the freak you call God?

I digress as I often do. The point is that none of us can begin to know the struggles Jenner and all other transgendered peoples go through to try to reconcile with who they are on the inside and out. It is, in fact, abnormal to most of us. Men and heterosexuals are abnormal to me, but I can accept their existence, respect their tendencies that come naturally to them,



Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at Dani-BLangevin@aol.com

Beneath the Surface

Trans-Jenner-ism

Paul Murano

VALLEY PATRIOT COLUMNIST

Encouraged by the Bruce Jenner interview with Diane Sawyer, I now announce that I am a transracial American. Yes, I am a black man trapped in a white man's body. Since childhood I would secretly talk black, dress black and listen to black music. I have yet to go through melanoma treatments and racial reassignment surgery, but from now on I plan to take full advantage of my minority status for affirmative action purposes, and will sue anyone who challenges my self-declared identity. Being black corresponds to my inner feelings, and therefore you have an obligation to accept me as who I say I am.

The above paragraph is obviously satire. It is written to display the absurdity of leftist ideology, which is based on three premises: 1) We should be labeled by how we feel; 2) If we declare it, it is so; and 3) Society must comply with said declaration. And there's also a fourth: This only applies to issues of sex.

First, the facts: If a person is born male, every cell in his body is male, and the same applies to females. It is the Y chromosome or lack of it that dictates a person's sex.

The rare XXY syndrome still produces a male by virtue of the Y chromosome, and the very rare intersex condition that manifests sexual ambiguity makes up only 0.018% of the population (Leonard Sax, MD, PhD). Physical ambiguity is not what the "transgender" movement is about, but rather gender dysphoria. It attempts to separate sex from "gender" to declare one's self different than one's body. So when Bruce Jenner says he feels like a woman in a man's body and proclaims on national TV, "I am a woman," he is speaking of his "gender," not his sex.

This is not only a false body-person dichotomy, but it also demands the public accept one's chosen "gender" (not their sex) as their sexual identity. Yet, the fact remains that even if one were to have excessive hormone treatments and undergo sex reassignment surgery, one remains the sex he or she was born. Every cell of the body (save their gametes) scientifically proves that. Declarations to the contrary and cosmetic physical alterations do not change reality.

There is irony in the fact that the larger ideology that includes "transgenderism" would never take seriously the claim supplied in the above satire. That would not fly because the brand of insanity that attempts to redefine reality only applies to matters pertaining to sex. For example, there is literally a community of people who consider themselves transspecies, feeling like they are a particular animal in a human's body ([http://en.wikipedia.org/wiki/Species\\_dysphoria](http://en.wikipedia.org/wiki/Species_dysphoria)).

No one takes their claim seriously. There is also a growing number of people with other types of dysphorias, such as

those who self-identify with persons who have lost a limb, and seek surgery to remove a healthy arm or leg to fit their self image ([www.theatlantic.com/magazine/archive/2000/12/a-new-way-to-be-mad/304671/](http://www.theatlantic.com/magazine/archive/2000/12/a-new-way-to-be-mad/304671/)). We see these people as needing help. Additionally, there is the more common body dysmorphia of the dangerously thin person with anorexia who sees a fat person when looking in the mirror. We see each of these as psychological problems that need healing.

Why, then, has the cultural left decided to continue respecting objective reality on those types of dysphorias that are not related to sex? What is it about sex that makes the left target it as its experimental project to manipulate and redefine at will?

I propose the problem is more than just fallen man seeking pleasure without consequences. It goes deeper. Sex gives life, and leftist ideology, at its core, is a death wish.

This is why the cultural left champions abortion and euthanasia, and also seeks to render meaningless the natural connection between sex and babies. This ideology, which has permeated every level of our culture, is the suicidal tendency of society. Its predominance explains why the culture vehemently abhors chemical pollution and physical domination of the planet, but enthusiastically embraces chemical pollution and mutilation of the body in people -- but only when it pertains to sex. We soundly condemn perversions of earthly nature that stifle wildlife, but enthusiastically embrace perversions of human nature that stifle human life; such as contraception, homosexual acts, sterilization, and transsexual surgery. We do not consciously admit this inconsistency because the entire foundation of secular humanist ideology is built on denial.

So, I caution you as I caution all of us: Whenever you find yourself falling into the media-driven narrative, which depends on displaced compassion and a false sense of liberty to uphold its suspension of sanity -- a narrative that embraces Jenner's decision on transgenderism and the courts' decisions on "same-sex marriage" -- catch yourself. Don't allow yourself to contribute to the abuse of people who need real help ([www.thepublicdiscourse.com/2015/04/14905/](http://www.thepublicdiscourse.com/2015/04/14905/)). Don't become an instrument of our civilization's gradual suicide ([www.youtube.com/watch?v=lZeyYIsGdAA](http://www.youtube.com/watch?v=lZeyYIsGdAA)).



Paul Murano teaches philosophy and ethics at North Shore Community College, hosts Beneath the Surface radio show Monday nights 9-11pm on 980 WCAP, has a Tv show on Burlington Cable Access, and co-hosts the Paying Attention! radio program with Tom Duggan. Paul is also chairman of Heartbeat Pregnancy Help in Burlington and is a singer/songwriter/musician. Email Paul at PJDM@aol.com.

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# Celebrating the 50th Anniversary of Dr. Martin Luther King's Address to the MA Legislature

On April 22, 1965, the Reverend Doctor Martin Luther King, Jr. addressed the Massachusetts Legislature in a Joint Session comprised of State Senate and State Representatives. This was the first time Dr. King spoke before a legislative body. Six months prior to this visit, he had won the Nobel Peace Prize and the Selma to Montgomery marches took place the month before.

I was personally unaware of this historic visit until I became a legislator and was researching civil rights history while preparing remarks for my participation in a special Martin Luther King, Jr. Day breakfast held annually at the Universalist Unitarian Church of Haverhill, jointly with the Haverhill's Calvary Baptist Church. While researching, I came across a black and white Boston Globe photograph of Dr. King speaking in the chambers of the Massachusetts House of Representatives before assembled legislators. Seeing this snapshot in time opened a door of learning for me and provided new understanding and appreciation for the role Massachusetts played in the movement for civil rights.

After the first Selma march on March 7, Dr. King requested support from clergy nation-wide to assist the effort and Unitarian Universalist Minister James Reeb of Boston responded to the call and traveled to Selma. On the day Reeb arrived in Selma, he and other ministers were attacked and beaten and the 38 year-old minister died from his injuries a few days later on March 11, 1965. Reeb's murder and the death and injuries of activists garnered national atten-



## IN YOUR CORNER WITH SENATOR KATY IVES

tion and added on to the mounting events, which catalyzed federal action to pass the Voting Rights Act.

Dr. King stated in his speech to the Massachusetts Legislature, "It may well be that we will have to repent in this generation, not merely for the vitriolic words and the violent action of the bad people who will bomb a church in Birmingham, Alabama or club down a Reverend James Reeb, or shoot a Mrs. Viola Liuzzo. We must also repent for the appalling silence and indifference of the good people who sit down and say wait on time. Ultimately we must come to see that human progress never rolls in on the wills of inevitability."

I was honored to participate in an initiative led by the Massachusetts Black and Latino Caucus to commemorate Martin Luther King, Jr.'s address to the Legislature. We worked to coordinate a tribute, which

closely mirrored the program of April 22, 1965. This convening of the two branches in Joint Session took place on Monday, April 27 and included a prayer offered by Reverend Michael E. Haynes who served as a Massachusetts state representative from 1965 to 1969 and accompanied Dr. King on his Boston visits. It was incredibly impactful to have an individual like Reverend Haynes start the program. He worked with Dr. King for many years and carried forth a message to those gathered that we have a responsibility to carry on the work of those who are no longer here.

Senate President Stanley Rosenberg gave a welcoming address and House Speaker Robert offered reflected and quoted remarks from then House Speaker John Davoren who had the honor introducing Dr. King in 1965. Former Speaker Davoren stated, "It is appropriate indeed that the people of

Massachusetts, through their elected representatives, should proudly welcome here today this selfless apostle of non-violent action as the best means to advance the cause of civil rights and to achieve equal justice under the law." Governor Baker read a formal proclamation and then members of the Black and Latino Caucus took turns reading sections of Dr. King's speech. Dr. King stated in his address, "We must see that the time is always right to do right, and that we must constantly help time."

It was important for attendees to have an opportunity to hear the speech in its entirety and unabridged, as each section remains to be very relevant today. At the conclusion of the recitation, Ms. Katie Days sang Lift Every Voice and Sing, joined by attendees singing in what made for a moving moment of shared appreciation and respect for those who sacrificed and led during the civil rights movement of the 1960s. And, an awareness that Dr. King saw a unique role for Massachusetts saying that day, "It was from these shores that a vision of a new nation conceived in liberty was born, and it must be from these shores that liberty must be preserved..."

I was proud to have been a part of this event's planning process and work to me mindful of Dr. King's words and actions as a legislator, hopeful of the difference we can make together growing acceptance, respect and compassion.

*Senator O'Connor Ives can be reached at*  
KATHLEEN.OCONNORIVES@  
MASENATE.GOV

## Cape Wind Project: A Tale of Crony Environmentalism

Christine Morabito  
VALLEY PATRIOT COLUMNIST

Part 1

It would make a great movie. The story begins in 2001, with an elaborate plot, filled with beautiful, wealthy, and powerful people. There are Indians, Kennedys, whales, drugs, sex and of course, lots of lawyers. In the end, the people of Massachusetts dodge a bullet, or at least we think so. Until we realize that the monster is still alive. Though wounded, our nemesis can still bring on the hurt. Meanwhile, we learn some shocking details we were never supposed to know.

The monster is the costly and controversial Cape Wind Project, and this is a true story.

We are told ad nauseam that the wind industry cares more about the planet than those greedy, polluting, fossil fuel capitalists. We are expected to believe that their motives are as pure as the wind driven snow. Following, is a story about the cozy relationship between wealthy developers, politicians, regulators and other public officials, who, instead of looking out for the people of the Commonwealth, were looking out for themselves.

The president of Cape Wind Associates, LLC is Jim Gordon, a former oil and gas tycoon who wanted to diversify his portfolio and build America's first offshore wind farm. His grand vision was for 130 wind turbines, each over 400 feet tall, with spinning blades as wide as football fields, and a 10-story transformer substation, projected to hold 40,000 gallons of oil. In total, the project would lay siege to over 24 square miles of Nantucket Sound.

Gordon never expected the resistance he encountered. Environmentalists were concerned about the effect on birds and marine life. Fishermen worried they would lose their livelihoods. Aviation professionals doubted that surrounding airspace



would be safe. Navigation experts suspected that freight and passenger boats might be in danger. Native American tribes feared the loss of sacred ancestral and spiritual sites. Homeowners were afraid their property values would plummet and tourism would suffer. And taxpayers were apprehensive about the cost, both of the project itself, and of the wind energy, currently 3 times as expensive as traditional energy sources.

So began study after expensive study, town meeting after contentious town meeting. But the people weren't budging and the project was interminably delayed.

Folks were right to be concerned. The Passenger Vessel Association stated, "The location of 130 wind towers in close proximity to existing ferry routes to the islands of Nantucket and Martha's Vineyard poses unacceptable safety risks, including possible collision and interferences with navigational radar." A Federal Aviation Administration report said turbines posed a "presumed hazard" to air travel.

The American Bird Conservancy was disappointed in the impact studies, saying, "... the science collected for the project on bird collision threats was inadequate,

and the site will reduce prime offshore sea duck foraging habitat."

In 2004, a study by Suffolk University's Beacon Hill Institute found that Cape Wind's cost outweighed potential benefits and that it would never survive without government subsidies. They estimated a loss of up to 2,533 tourist-related jobs, a net loss of more than a billion dollars to the local economy.

The people also distrusted the infamous federal regulator, Minerals Management Service (MMS), who, in 2008, the U.S. Office of Inspector General, Earl Devaney called, "a culture of ethical failure." The agency has since changed their name to Bureau of Ocean Energy Management (BOEM) – and for good reason. MMS was in charge during the horrific 2010 Gulf Oil Spill. But, instead of performing inspections, they were performing in another capacity altogether – partying, doing drugs and having sex with the oil and gas representatives.

The more people learned about Cape Wind, the more they hated it. For the project to survive, the will of the people needed to be crushed. It was time to call in some political favors.

The Boston Herald reported in May 2014 that Cape Wind developers spent nearly \$700,000 for federal and state lobbyists. Much of that money was used to grease the palms of politicians who served on energy and environmental committees, or influential lawmakers who were sympathetic to the cause. Here's where some of that money went:

U.S. Sen. Cory Booker (D-N.J.) Committee on Environment and Public Works - \$69,400

U.S. Sen. Ed Markey (D-M.A.) Committee on Environment and Public Works - \$50,000

U.S. Sen. Al Franken (D-Minn.) Committee on Energy and Natural Resources - \$21,000

U.S. Sen. Jack Reed (D-R.I.) chair of Appropriations Subcommittee on Interior and Environment - \$16,000

U.S. Sen. Tom Udall (D-N.M.) Appropriations Committee - \$15,000

U.S. Rep. Joseph Kennedy III (D-M.A.) energy subcommittee overseeing renewable energy - \$14,000

U.S. Sen. Mark Udall (D-Colo.) Committee on Energy and Natural Resources - \$8,350

Cape Wind was also seeking an investment tax credit worth \$780 million plus a \$500 million loan guarantee from the Department Of Energy.

With all this money and influence in the hands of developers and policy makers, who was looking out for the taxpayers who would ultimately pay for the project? Who indeed.

More to come in Part 2, next month!



*Christine Morabito is a resident of Haverhill and former President of the Greater Boston Tea Party. You can email her at christine.morabito@hotmail.com*



# Sec. of State Orders Neil Harrington to Turn Over Documents

John "Bill" Selig had a Celebration of Life party on March 7, 2015. He was honored by many. The Celebration was attended by his family and so many friends.

Bill was involved in Salisbury, MA town politics and served on various boards for many years. He had voiced his opinion and thoughts on many subjects including writing letters to President George Bush in 1992, Lt. Governor Paul Celluci, Federal and State Departments about the federally funded sewer project and the mismanagement of funds and Town's shabby record keeping. He wrote many letters to the editor of the local paper.

He was an advocate for transparency in government, freedom of speech, and especially voting rights. He spoke on many occasions at public meetings, but the one "talk" that stands out the most was on July 8, 2013 at a Selectmen meeting.

After the selectmen at a prior meeting refused to allow the Salisbury residents to vote regarding having slot parlors in Salisbury, Bill attended the July 8, 2013

Selectmen meeting and spoke during Comments by Visitors and this is a summary of what he said:

The fact is that you took our right to vote away from us where you could have given this vote to be made by the citizens.

He said he knew if it goes before the town meeting it will probably pass. You took the vote away from the whole town by not letting them participate in it and I don't understand why you did it. I'm sure if the tables were turned you would feel the same way. I just don't understand how a person that grew up in our generation - the generation that fought so hard for civil rights, equal rights and voting rights couldn't see that in black and white in front them. and then the selectmen can either let the people make up their minds or all 5 selectmen will decide and just 3 selectmen can chose to take that vote away from the whole town.

Bill said "I think the [Newburyport] Daily News, if it had a different type of reporter – I think the headline might have and should have read: "Salisbury Selectmen deny citizens the right to vote! We have armed forces fighting and dying for voting rights on foreign soil while selectmen take away that very right on American soil. Something is very wrong here. Selectmen Don Beaulieu, Henry Richenbourg and sadly, Freeman Condon denied the citizens of the Town of Salisbury a chance to speak for themselves. That's what I have to say."

You can see and hear in the video the applause and the Selectmen didn't say a word. <http://173.9.125.70/Cablecast/Public/Show.aspx?ChannelID=1&ShowID=3017>

Bill stood up and spoke up for what was right, the truth, and social justice.

Bill passed away March 15, 2015. He will be remembered for his kind heart and quick wit. If you were a friend of Bill's, you had a friend for life.



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## SELECTMAN

### A VOICE FOR YOU

The Town of Salisbury residents should follow what Billerica did last year. Their First Amendment rights were being violated by a few of their selectmen. The residents stood up for their rights and voted these selectmen out of office!

ON MAY 12TH ,vote for change in Selectmen to give our town back to its residents. I am running for Selectman this May so I can help Salisbury residents as an advocate on the Board, and by fighting for free speech and transparency in local government.

~Gil Medeiros, Salisbury, MA

Paid for by Bruce Arakelian

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SUMMER EVENTS ON THE SEACOAST!

**SALISBURY EVENTS** - Salisbury Art Stroll Returns May 16th - The Salisbury Art Stroll will take place on Saturday, May 16th, 2015, from 10am-4pm on the Old Eastern Marsh Rail Trail (parallel to Bridge Rd/ Rt 1) Salisbury, MA. It is a family friendly event, where artists and fine-crafters set up their works on the trail for display and to sell. Come for the day and listen to music, have some food and see the beautiful artwork as well as the natural beauty of the rail trail. Plenty of free parking. For more information, please contact Leah Hill, lhill@salisburyma.gov or 978-463-2266

**HAMPTON BEACH EVENTS**  
**EDDIE MONEY** - Hampton Beach Casino, May 29th. 8pm.  
**CONCERTS ON THE SEASHELL**

Sunday, May 25, 2014 to Monday, September 1, 2014. Over 80 free concerts “under the stars.” From country to pop and big bands, enjoy this free entertainment for the entire family.

Wednesdays and Holidays, two shows nightly 7:00-8:00 & 8:30-9:30 pm. Schedules of performances available at Information Center, 180 Ocean Blvd (next to outdoor stage), or click on our calendar for the Seashell Schedule. Ocean Boulevard.

**KITES AGAINST CANCER** - Sun., May 17th. - Exeter Hospital’s 7th annual Kites Against Cancer event. This family event will be held on Sunday, May 17th from 11:00 am - 3:00 pm at Hampton Beach (near the Ocean-front Pavilion) and will include kite flying and decorating, face painting, raffles, refreshments, music provided by Z107 and more!

**NHTA TOW AND TRADE SHOW** - Sat., May 16, 2015 - Sun., May 17, 2015. Enjoy the family fun and events at the 2015 NHTA Tow and Trade Show, Returning to Hampton Beach State Park. Download the program!

**SAND SCULPTURE COMPETITION**  
The 15th Annual Hampton Beach Master Sand Sculpting Competition is FREE on June 18th to 20th.

**FIREWORKS** - Spectacular Fireworks Displays, Wednesdays and Holidays as well as nightly concerts at the Seashell Stage beginning Memorial Day Weekend. Rain dates on the following Friday.

**MISS HAMPTON BEACH PAGEANT**  
Sun., July 26, 2015 - The 69th Miss Hampton Beach Pageant at the Seashell Stage July 26th at 2 p.m. Free Event! Interested Contestants should contact Stephanie Lussier at 603-512-

5257 (cell phone). Check out the Miss Hampton Beach website at [www.misshamptonbeach.webs.com](http://www.misshamptonbeach.webs.com). Email: [Princess50@yahoo.com](mailto:Princess50@yahoo.com)

**NEWBURYPORT EVENTS**  
What: Johnny Peers & The Muttville Comix  
When: Saturday May 16, 2015 at 7:00PM  
Where: Firehouse Center for the Arts, Market Square, Newburyport MA  
Tickets: \$17.00 Adults; \$15.00 Members, Seniors, Students; \$13.00 Children under 10  
For more info please call the Box Office at 978-462-7336 or visit online at [www.firehouse.org](http://www.firehouse.org)  
Firehouse Senior Readers’ Theater presents: An Afternoon of Short Plays on Sunday, May 17 at 1pm.

To culminate the 8-week spring session of the popular Firehouse program Senior Readers’ Theater, students perform ten delightful short plays that will make you laugh, ponder your life, and better understand a baseball umpire’s terrible dilemma.

From a mix of local and regional playwrights, these ten plays will not only open you to the giddy wonders of springtime but also to the depth of our shared humanity.

Downtown by Jeffrey Hatcher  
The Renewal by Richard Westcott  
Dream Obit by Marc Clopton  
Anything for You by Cathy Celestia  
Relative Stranger by Sheri Wilner  
Waking Up by Steven Eimert  
Sentences and Words by Cynthia L. Cooper  
In The Arms of the Tornado by Andrea Fleck Clardy

Second Look by Patrick Gabridge  
Judgement Call by Frederick Stroppel

This event is FREE! and open to the public. The performance will be held at the Firehouse Center for the Arts’ Arakelian Theater located on Market Square in Downtown Newburyport. Reservations are not required. First come, first served. Donations greatly appreciated!

Senior Readers’ Theater is performed seated and not memorized. The actors use vocal expression, minimal props and sound cues to help the audience understand the story.

In addition to this performance open to the public on Sunday, May 17 at the Firehouse theater, students of Senior Readers’ Theater will also be taking the show on the road to entertain audiences at two local facilities! On Tuesday, May 5 they will visit the Merrimack Senior Center in Merrimack, MA and Atria Merrimack Place in Newburyport, MA.

Spring Welcomes Boating Back To Newburyport!

Rebecca Pearson  
VALLEY PATRIOT NEWBURYPORT COLUMNIST

The season is changing, and with warm weather brings dreams of being on the open water. Here in Newburyport we have a fantastic array of outdoor boating that can not only be done alone, but great for the whole family. From renting your own boat, to whale watches and boating schools here in Newburyport your “wind in your hair and sails above your head” can be enjoyed at reasonable prices.

**AMERICAN MARINE AND BOAT SALES** tops our list for boat brokers here in Newburyport. Their selection of power boats range from 18ft to 53ft. Whether you wish to be on the water for a day with the family, a getaway fishing trip with your best buddies or to show off your amazing 53 footer that has a washer and dryer in it, American Marine located right on the docks of Newburyport is your best bet for finding your new pre-owned boat this year! Check them out online at [www.UsedPowerBoats.com](http://www.UsedPowerBoats.com) and your bound to find the boat of your dreams!

**NEWBURYPORT HARBOR MARINA**, Hilton’s Marina, Windward Yacht Yard and the Newburyport Boat Basin are located along the Merrimack River in historic Newburyport, Massachusetts, with more than 500 slips for seasonal/transient dockage and accommodations for boats ranging in size up to 125’. If you are a boater and looking for a place to dock your boat for the summer these are your guys and girls of Newburyport!

Four premier marinas offering full-service facilities and a total of 500 slips-Newburyport Harbor Marina, Hilton’s Marina, Windward Yacht Yard and the Boat Basin. For more information on docking your boat this year please find them online at [www.newburyportmarinas.com](http://www.newburyportmarinas.com)

**BOAT CAMP INC** in Newburyport is a great learning in the field that connects your students more deeply with the coastal landscape by immersing them in the natural world. Their field studies courses include tide pools, salt marshes, maritime forests, upland forest, fields, estuaries and barrier beaches. They have also led primitive skills to support literacy curriculum around Hatchet and My Side of the Mountain. In these programs they strongly emphasize sensory awareness and student-driven exploration.

These programs can be held at any of the numerous natural areas in the North Shore area near your school, or right at Four Rock, our private 30-acre parcel in Newbury. Their floating lab trips, they work with you to create custom-built field trips that explore the Lower Merrimack River and Gulf of Maine watershed.

Onboard equipment includes a bottom-sampling otter trawl, plankton net and magnifiers, bottom sediment dredge, water sampling for temperature and salinity, traveling onboard touch tank, binoculars and field guides for seabird and seal sightings, and navigation discussion with the captain.

They also can do a variety of fishing and dissections. For larger groups or classes of 25-50+ students and chaperones, they typically use the Captain George or Captain’s Lady on Plum Island. These vessels are U.S. Coast Guard inspected annually and can carry upwards of 125 passengers. These are

the perfect vessels for two classrooms of students to attend at a time! Check them out online at [www.merrowhawke.org](http://www.merrowhawke.org)

**9TH WAVE SAILING CHARTERS** is located at the West end of the “Boardwalk” on Newburyport’s historic waterfront. All of their public sails are two and a half hours long. They leave through the mouth of the Merrimack River and sail to no particular destination along the coastline or directly out to sea, choosing the best wind angle for maximum speed. As conditions permit, they encourage our passengers to take an active role in the handling of the boat: raise the main, trimming the sails or taking the helm under the tutelage of one of our experienced captains. Learn about the region’s colorful past and experience a fun and relaxing sail aboard Newburyport’s only fast sailing catamaran. Reservations for public sails are strongly suggested; please call 866-984-9283.

9th Wave is also available for 3hour private charters for everything from corporate outings to private parties. They have USCG certification for up to 48 passengers can arrange for catering or you can bring your own food and non-alcoholic beverages as you like. They also have a well stocked bar aboard for those of you who prefer a “fortified” beverage. Give them a call and book early for your favored date/s. Find more information online at [www.9thwave.net](http://www.9thwave.net)

**THE NEWBURYPORT WHALE WATCH** - The 110’ Captains Lady III can carry up to 149 passengers comfortably to the whale feeding grounds. Their journey departs from Newburyport, down the Merrimack River and into the Gulf of Maine where they can find a variety of marine life including, but not limited to, humpback, fin, and minke whales as well as dolphins, seals, sharks and sea birds. The open ocean holds many mysteries, making every trip unique and exciting. Their season runs from May through October and can take you to either the feeding grounds of Jeffreys Ledge or Stellwagen Bank National Marine Sanctuary. Both of these locations are within the 36,000 square miles of the Gulf of Maine. During your trip, one of their experienced naturalists will share with you their passion and knowledge of the marine environment. Viewing whales in their natural habitat is an experience of a lifetime, join them today! For more information check them out online at [www.newburyportwhale-watch.com](http://www.newburyportwhale-watch.com)

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Welcome to 2015 summer spring boating season in the Greater Newburyport Area! Let the sails fly, the ocean breeze surround you and the smell of the salt water make you smile!



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# Jesus Disqualifies No One!

Peter Larocque  
VALLEY PATRIOT COLUMNIST

Before I get into this month's column, please allow me to thank Mr. Tom Duggan, Editor of The Valley Patriot who with patience and understanding, afforded me all the time I needed to decide exactly what direction to take my writing.

It was during this hiatus that I realized that I no longer had a desire to write about politics or politicians. My focus and priorities changed so that now I have a desire to share with people the Goodness of God and His Abundance of Grace which came by Jesus Christ!

If ever there was a time for Christians to be kind and loving, it is now. For some of us, the temptation is to isolate ourselves off from others who don't look, act or think as we do. But the example set by Jesus himself, teaches us something totally different!

In Luke 19, we see the story of Zacchaeus who was chief among the publicans, a Jewish tax collector for Rome. Zacchaeus being a Jew collecting taxes for Rome made him a traitor and an outcast among his people.

But as Jesus was passing by, He said to Zaccheus who was sitting up in a tree due to the fact that he was short in stature and like many others, wanted to see Jesus for himself. Jesus looking up at Zaccheus said, “make hast, and come down; for today I must abide at thy house.” Here we see kindness extended to Zaccheus which sent some in the crowd into a frenzy asking, how can this man Jesus hang out at the house of this sinner?

In Matthew 9:9-11, we see a similar situation took place when Jesus called Matthew another tax collector to come and follow him who later became one of the 12 apostles. The question was asked again of Jesus' disciples, "Why eateth your Master with publicans and sinners?"

Reading on in Luke 15:1-2, “Then drew near unto him all the Pharisees and sinner for to hear him. (2) And the Pharisees and scribes murmured, saying, This man receiveth sinners, and eateth

with them.” While the so-called religious leaders went about complaining about who Jesus was hanging out with, it was these sinners who got to hear his words of comfort and see firsthand his miracles.

In Matthew 21:31, Jesus tells the religious leaders, "...Verily I say unto you, that the publicans and the harlots go into the kingdom of God before you." It was this kind of talk and behavior, showing loving kindness to everyone, excluding no one that gained Jesus the reputation of being a friend of sinners.

Have you ever asked yourself, what is God's Will? I have, and I found the answer in the life of Jesus Christ. He was God's will in action. We read in Matthew 4:23-24, "And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sicknesses and all manner of diseases among the people. (24) And his fame went throughout all Syria: and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy; and he healed them." Jesus didn't disqualify anyone, he didn't concern himself with what label people were given by others. He simply healed them all!

Luke 6:19, speaks to a whole multitude which sought to touch Jesus and he healed them all. Ask yourselves, what a diversity of people do you think would be found in a multitude? The answer is obvious, All kinds. It just didn't matter to Jesus because he healed them all! He continues to heal today as well because He is the same yesterday, today and forever!

I now realize that Jesus didn't come to make bad people good, he came to make dead people alive! This takes place by the Grace of God, which is the undeserved, unearned and unmerited favor of God.

In John 13:34-35, we read, “A new commandment I give unto you, that ye love one another; as I have loved you, that ye also love one another.” (35) “By this shall all men know that ye are my

**JESUS: PAGE: 32**

# Misconceptions and Myths About Hypnosis, Pt. 1

**Jerry Valley**  
VALLEY PATRIOT HYPNOTIST

I have been in the hypnosis field, both clinically and on stage, for over 45 years and I am still amazed at the erroneous assumptions and beliefs within the ranks of hypnotists today. I would like to list the misconceptions and/or myths here with my answers. You may agree or disagree, as I am sure that you have your own opinions, and that is just fine.

As one of the founders of hypnosis, Harry Arons always stated "THE ONLY THING THAT YOU CAN BE SURE ABOUT HYPNOSIS, IS THAT YOU CAN'T BE SURE OF ANYTHING." That is so true. You never really know if the subject is accepting or rejecting the suggestions and how they will react. A good rule of thumb is: NEVER GIVE A SUGGESTION THAT WOULD BE HARMFUL OR FRIGHTEN A SUBJECT.

With thousands of hypnotists today with a private practice or on stage, this summation might help you to explain to clients or an audience just what hypnosis is and what it is not.

Here is my Q and A

Q. Is hypnosis sleep?

A. No, hypnosis is not sleep like when

you fall asleep and your conscious mind shuts down and you are unconscious. My definition is that hypnosis is a deep daydreaming sleep whereby the client or subjects on stage hear everything, see everything and follows your suggestions properly. It is a state of profound relaxation where just 10 minutes of hypnosis can feel like 3 hours of a natural sleep. What I tell my subjects on stage or in the office: “You might hear other sounds but once you are focused on my voice, you simply ignore all other sounds. You hear other sounds but pay no attention to them.”

Q. Can everybody be hypnotized?

A. No. People who resist cannot be hypnotized. People who are severely retarded cannot be hypnotized and some with very low IQ's may not be able to be hypnotized. Of course, there are always exceptions to our ideas and opinions. Generally, anyone, other than the ones I listed, who wants to be hypnotized, can be to some level such as light, medium and deep (somnambulism).

Q. Can I get stuck in hypnosis? What if I don't wake up?

A. Actually, that has never happened and cannot happen. Since the subject is in a daydreaming state and not actually

**HYPNOSIS: PAGE: 26**

# EAGLE: FROM PAGE 5

have an impact on the sport of climbing, whether it's discovering a new route or new crag, or spawning a whole generation of little climbers. If I hear a famous climber interviewed someday who says they started climbing at BGCL, that would make me happier than anything."

## About the Boys & Girls Club of Lawrence

The Boys & Girls Club of Lawrence provides a safe, after-school haven for more than 3,800 youth (ages 7 to 18)

to come for hot meals, homework help, fitness and nutrition programs, college and career planning, and lasting personal relationships. The Club offers critical programs that focus on academic success, healthy lifestyles, and community involvement at two locations: the Boys & Girls Club of Lawrence at 136 Water St., and the Beacon Boys & Girls Club at 71 Duckett Ave. For more information, visit [www.lawrencebgc.com](http://www.lawrencebgc.com).



# Bell-Aire Music

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TEEN TALK WITH ANA DEBERNARDO

The Benefits of Travel

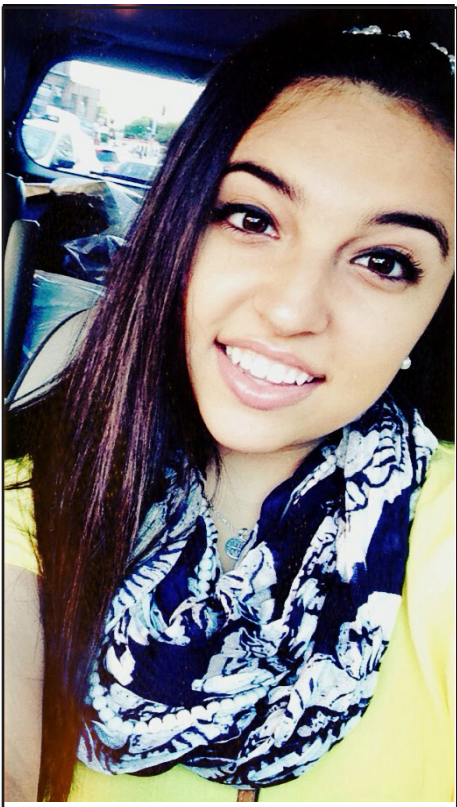
Imagine a world where history is not merely a vague recounting of the distant past, but a place we could journey to on a moment’s whim. Even though we don’t commonly consider it, such a world exists, and it is the one you and I live in. History can be seen all around us, in all aspects of life. Culture, art, music, architecture, traditions--all hold some trace of genius originating from a previous generation.

Last week, my family and I traveled to Italy to visit my sister who is there studying at the University of Bologna for her spring semester. This was my second time visiting Europe, and I was amazed all over again at the beauty seen at every turn; each building unique in character and one town more beautiful than the next. Awestruck as we passed all types of ruins and ancient edifices, I couldn’t help but let my jaw hit the floor. It’s an unparalleled experience to stand in the very place that great leaders and historical figures once stood centuries ago. The possibility that such monumental events studied in textbooks could have taken place in the same spot you are looking at is crazy.

“This is why history is so fascinating to me”, I thought. Once in a while, in the classroom, I have my doubts, but it is moments like that, where I am traveling and experiencing history with my own eyes and ears that my doubts are put at ease.

I think it’s extremely important that everyone have the opportunity to travel in their lifetime. Why let life pass you by without having seen at least some of the beauty that exists in other parts of the world. Traveling is a good idea for so many different reasons, but in all cases, it enriches our lives in new and exciting ways. Many of us take things like electricity, food, air conditioning, and even our own personal safety, completely for granted. Even little things like warm baths and Netflix are extreme luxuries that we never really appreciate. Visiting countries where even basic necessities are scarce is definitely a culture shock, and I can tell you this from first-hand experience.

Of course, travel can also enlighten us on other things as well, not just about other lifestyles, but about ourselves. Cultural behavior, differences in style, gastronomical specialties, and even the



simple attitudes of the people around you can tell so much about a country and its inhabitants.

How can one claim to be culturally educated if they haven’t been immersed in any cultures outside their own? Traveling goes hand-in-hand with learning; no one can be expected to learn to their mind’s full capacity by staying in one place. The truth is, everything we learn in the classroom or in a textbook, or even by word of mouth, is based on our trust in these sources. This is where “don’t believe everything you read” comes into play. Accepting everything you learn as truth is good to some extent, but unless you see the subjects of your learning for yourself, your suspicions of false beliefs can never be assuaged.

I know travel isn’t always an option for people concerned about spending lots of money, but trips don’t always require splurging.

You can travel with a group tour arranged through a school or church, you can double or triple up in the hotel room, and purchase your food where the locals eat, while eschewing the fancy restaurants. There are things to be learned oceans away as well as mere towns away, so I encourage all of you to get out there, and start exploring.

BABIES AND BRIEFCASES

IS YOUR CHILD ADDICTED TO VIDEO GAMES?

Cheryl Hajjar

VALLEY PATRIOT MOMMY COLUMNIST

Gamers come in all different shapes and sizes. Everyone of us knows a gamer who sits in front the TV and plays on Xbox or PlayStation for hours at a time with their friends. Its almost like a cult, where in their subculture, they speak another language that only they can understand. An underground world of villains, heroes and good versus evil.

Today all of us, including our children have either smart phones, tablets or handheld devices where the access to any kind of game we want to play is available. Candy Crush, Angry Birds and Call of Duty are all games that every one of us have either played or heard of before.

Children today are joining these online “virtual” gaming communities where they log online and rival each other in the latest version of their favorite game. They all have avatars and gaming names logged into their Xbox’s. A modern day babysitter for the busy parent, or so it seems on the outside.

But what if your child was addicted to video games? No parent wants to think of this as a possible reality for their child. Video games were designed to be fun and a source of entertainment for children, not to be a cause of addiction.

There are two types of video game addiction: Single player addiction, where the goal is to rescue a princess or complete a mission, thus achieving a high score.

Multi player addiction is when video games are played online with other people and are especially addicting because there is no ending of the game. They often involve creating an online character and children will build relationships with other online players as an escape from their reality, almost as a subculture community of other gamers, a video game underworld if you will.

So as a parent, watching for the signs of video game addiction is key. Here are some of the signs as a parent to watch out for.

- 1. Irritability or feelings of restlessness when unable to play.
- 2. Preoccupation or obsessive thoughts of previous online activity or anticipation of the next online session.
- 3. Lying to friends or family members about the amount of time played gaming.



- 4. Avoiding doing homework to play more video games.
- 5. Isolation from others or social events to play more video games.
- 6. Unusually tired.
- 7. Migraines or an unusual amount of headaches.
- 8. Poor personal hygiene.
- 9. Wrist or joint pain due to the overuse of the controller for the gaming system.
- 10. Depression.
- 11. Skipping meals or sleeping less to play more games.
- 12. Poor grades or a decrease in grade averages.
- 13. Weight gain.

What can you do as a parent if you see your child displaying some of these symptoms?

For starters, putting a time limit on gaming is the first thing to do. Limiting gaming to only on the weekends is another. Encourage other activities such as an outside game of basketball or going to the beach or watching a movie together is also a way to lessen the time spent online.

Sign your child up for another physical activity at school or with an outside community such as the YMCA is another way of getting them interacting with others and less with the online gaming. The goal here is to break the addiction before it becomes too severe and you need to seek professional help. Children today are living in an Internet world and its becoming increasingly difficult for parents to stop the internet/gaming addiction. Taking an active role in your child’s online activities will not only make for a healthier relationship but also keep your child in check with the gaming monster.

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THE DOCTOR IS IN!

Insights into Healthfulness

Dr. Frank MacMillan, MD  
VALLEY PATRIOT MEDICAL COLUMNIST

This month, twenty years ago, I had conferred upon me a Doctor of Medicine degree. It has been both an honor and a privilege and I have had an amazing experience practicing in our community, from Lowell to Newburyport, and from Boston to Manchester, NH. During this time, I have also gone from being a young man with very few personal health related concerns, to being a parent, a husband, and now a middle aged man with a large practice of patients with health concern, from anxiety to serious and life threatening disease. While I still believe myself to be an aging young man, I am more mindful of the struggles that we all face regardless of age, and more personally attuned to the risks and fears we all will face eventually.

Having turned 50 earlier this year, I have reached a few milestones reminding me of my own risk of health consequences of aging and of some of my own life-style choices. Like many my age, I have accumulated a lot of responsibility and stress. I have a family in need of housing, food and education. I run a business with people who need to be paid a decent wage and benefits. I have a panel of patients who need access to information, medicine, testing and counseling. On a personal level, I quit smoking at age 20, have struggled with staying at a reasonable weight and getting enough exercise, and worry about heart disease and cancer like many of my friends and family.

As it turns out, the benefit of medicine to good health and longevity turns out to be not so much individual healthcare, but rather in the realm of public health. Since the end of the second World War, our life expectancy has nearly doubled. Things like clean water and air, safe food, vaccinations, and reduced tobacco exposure far outweigh standard medical interventions like control of hypertension and cholesterol as far as gains in life expectancy are concerned. Our most serious public health challenges include persistent tobacco use, obesity and the epidemic of opioid addiction. Recent experience with Ebola virus and others, tells us that it is abundantly clear, that we also live in a global world where infectious diseases can be transported and exported to the opposite side of the globe within a matter of hours, making a lack of good governance a direct risk to our own national security and public health. Failed states like Afghanistan, even Pakistan are reservoirs of poliomyelitis infection that threaten our well being. For better or worse, we are our brothers' keepers.

So, my words that I want to impart



on my community for better health are straightforward. Individually, the most bang for your buck is to not smoke cigarettes to begin with, and to quit right now if you are doing so. Physical addiction is 2-3 days at the most, and withdrawal is unpleasant but not intolerable. Change your brand, so you don't enjoy it as much, pick a date, and if you cheat, forgive yourself and resolve to be a non-smoker the following day. Do that each day until you are free of the habit.

If you are overweight, understand that obesity kills. It can be beaten, but understand we all need to eat. Eating fewer sugars and starchy carbohydrates will make you less craving of more food, and easier to lose weight. If you are already diabetic, fewer carbs will make it easier to reduce medication or insulin, making it easier to lose weight. Weight loss needs both diet and exercise. Do your best to do both.

Get yourself and your kids vaccinated. The link between vaccination and autism is completely debunked. Not to say that there are no risks to vaccination, but autism is not one of them. If you are not appropriate for vaccination due to immune deficiency or egg allergy, etc, you depend on "herd immunity" to keep you well. It is in everyone's interest for near universal vaccination for serious vaccine preventable illness.

Lastly, infectious diseases are a serious threat to public health. Failed states require our attention whether you are liberal or conservative. There is an obvious political dimension that we need to accept as the most consequential and powerful nation on Earth. Poor governance, failed public health infrastructure like as has been seen in West Africa with Ebola virus, is an immediate threat to our own public health in the United States, and Band-Aid solutions like travel bans are not an adequate response. If you doubt that statement, I am interested in how you will be solving the problem of illegal immigration.

In the US, we are blessed with a robust local, state and national public health infrastructure. Do your part by supporting good governance, clean water and air, tobacco cessation, vaccination and

DR. FRANK: PAGE 32

Maura Healey Accuses Dr. Bharani of Medicaid Fraud

Massachusetts Attorney General Maura Healey, who calls herself the people's lawyer last month against VP columnist and MS specialist Dr Bharani Padmanabhan by declaring he is under investigation for Medicaid fraud.

According to Dr. Bharani, two investigators from AG Maura Healey's office suddenly showed up at his home demanding immediate access to his charts for 16 of his patients. They certified that obtaining immediate and full access to the complete medical charts was the minimum required for Maura Healey's Medicaid fraud investigation.

Dr Bharani said he was not at home at the time so the investigators startled his parents instead.

He said that the action by the Attorney General was sudden given that he has been treating his patients entirely for free the past four years. He also says that he has not billed Medicaid or Medicare in any way. "If a doctor does not bill the Government at all, it is curious to see how Healey can accuse me of Medicaid fraud," he said.

Dr. Bharani says that two years ago he filed a written criminal complaint against Dr. Julian Harris, the now-former Director of Massachusetts Medicaid. Readers of The Valley Patriot may recall reading about it in the pages of this paper as an open letter to then-Attorney General Martha Coakley.

Two years ago, Dr Bharani says that he had also personally informed Steven Hoffmann, the Director of the Medicaid Fraud Unit, about his criminal complaint against Dr. Julian Harris.

"For two years there has been no investigation by the Attorney General into fraud and corruption within Massachusetts Medicaid. Worse, Maura Healey is actually defending former Director Dr. Julian Harris in Federal Court."

"And suddenly this week we have this action by Maura Healey against the doctor who filed the criminal complaint against Dr. Harris. Valley Patriot readers may be interested to learn that Dr. Harris now works for the Obama White House in Washington, DC."

Bharani says that he finds it particularly disturbing that Maura Healey obtained the list of 16 patients from the Massachusetts Prescription Monitoring Database. This Database, which collects the prescriptions filled for every person in this state, has numerous privacy protections on paper. "This intensely personal information about every single person living in Massachusetts, by law cannot be used to investigate Medicaid fraud," he said.

Massachusetts readers should be interested in their privacy rights and can look them up online. The regulation is 105 CMR 700.012.

"Clearly these privacy protections mean nothing in practice. Despite being blocked by law from using this confidential, protected and intensely personal health data for any reason other than an investigation into selling painkiller pills or doctor-shopping, Maura Healey has used this protected database to collect a list of patients without any lawful reason."

"This violation by a Government official of the privacy of people living in Massachusetts is chilling, egregious and extreme. It resembles similar violations that were commonplace in progressive socialist countries, violations that drove millions to seek the freedom of these shores."

Dr Bharani says his patients all feel they have been personally violated by Maura Healey. "They feel even worse because they know Maura Healey and everyone else within the Government is aware that their doctor has not taken any public money for the past four years, and so there cannot be any genuine investigation into Medicaid fraud."

Dr. Bharani says his patients are encouraged however by his refusal to violate the law on Maura Healey's orders.

"This open abuse of Governmental power to punish a doctor who filed a criminal complaint is pernicious given that The People's Lawyer is supposed to help the people and what has happened here is the very opposite."

The Valley Patriot will continue developments in the Dr. Bharani saga in the coming months.

HYPNOSIS: FROM PAGE 24

sleeping, what is there to wake up from? I have known a number of hypnotists that had trouble taking subjects out of hypnosis. I believe that their introduction and instructions to the subject might not be quite right. For the last 45 years I have never had a subject not come out

of that hypnotic state ... let me tell you why. I developed a sure-fire statement that precludes subjects from staying in the hypnotic state ... I give it to you here as a gift. You should make this statement on stage and in your practice just before your induction. It works beautifully.

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Ten Tips to Prevent Lyme Disease

Dr. Jin Sung  
VALLEY PATRIOT COLUMNIST

Chronic Lyme disease patients may face a long hard fight to wellness. People with chronic Lyme can have many debilitating symptoms, including severe fatigue, anxiety, headaches, and joint pain. Without proper treatment, chronic Lyme patients have a poorer quality of life than patients with diabetes or a heart condition.

The fact is Lyme is a complex disease that can be highly difficult to diagnose. Reliable diagnostic tests are not yet available which leaves many—patients and physicians alike—relying on the so called “telltale signs” of Lyme disease: discovery of a tick on the skin, a bull’s eye rash, and possibly joint pain. However, ILADS research indicates that only 50%-60% of patients recall a tick bite; the rash is reported in only 35% to 60% of patients; and joint swelling typically occurs in only 20% to 30% of patients.

Given the prevalent use of over the counter anti-inflammatory medications such as Ibuprofen, joint inflammation is often masked.

Based on these statistics, a significant number people who contract Lyme disease are misdiagnosed during the early stages, leading to a chronic form of the disease which can prove even more difficult to diagnose and treat. Lyme disease is often referred to as the “great imitator” because it mimics other conditions, often causing patients to suffer a complicated maze of doctors in search of appropriate treatment.

ILADS is committed to the prevention of chronic Lyme disease. The following tips are designed to offer guidance and minimize the risk of contracting chronic Lyme disease.

1. Know that Lyme disease is a nationwide problem

Contrary to popular belief, Lyme disease is not just an “East Coast” problem. In fact, in the last ten years, ticks known to carry Lyme disease have been identified in all 50 states and worldwide. Although the black legged tick is considered the traditional source of Lyme disease, new tick species such as the Lonestar tick and a pacific coast tick, have been found to carry *Borrelia burgdorferi*, the corkscrew-shaped bacterium that causes Lyme disease.

2. Check your tick facts

Ticks can vary in size from a poppy-seed size nymphal tick to a sesame-seed size adult tick. The ticks can carry other infectious agents besides the spirochete that causes Lyme disease, including Ehrlichia, Anaplasmosis, Babesia, and Bartonella. Lyme disease can sometimes be hard to cure if these other infections are not treated at the same time.

3. Show your doctor every rash

The bull’s eye rash is the most famous, but there are many other types of rashes associated with Lyme disease. In fact, Lyme disease rashes can be mistaken for spider bites or skin infections. Take photos and make sure a medical professional sees the rash before it fades.

4. Don’t assume that you can’t have Lyme disease if you don’t have a rash

Lyme disease is difficult to diagnose without a rash, Bell’s palsy, arthritis, or meningitis, but you can still have Lyme and not have any of those signs or symptoms. Many people react differently to the infection and experience fatigue, headaches, irritability, anxiety, crying, sleep disturbance, poor memory and concentration, chest pain, palpitations, lightheadedness, joint pain, numbness and tingling.

5. Do not rely on test results

Currently there is no reliable test to determine if someone has contracted Lyme disease or is cured of it. False positives and false negatives often occur, though false negatives are far more common. In fact, some studies indicate up to 50% of the patients tested for Lyme disease receive false negative results. As a result, the CDC relies on physicians to make a clinical diagnosis based on a patient’s symptoms, health history, and exposure risks. Doctors who are experienced in recognizing Lyme disease will treat when symptoms typical of the illness are present, even without a positive test, in an effort to prevent the development of chronic Lyme disease.

6. Be aware of similar conditions

Chronic Lyme disease is called the “great imitator” because it is often misdiagnosed as another condition such as Multiple Sclerosis, Fibromyalgia, chronic fatigue, or anxiety. Misdiagnosis is a common experience for patients with chronic Lyme disease. Treatments that work for these other illnesses are not appropriate for treat Lyme disease. Currently, the only effective treatment for Lyme disease is antibiotics. Ask your doctor to carefully evaluate you for Lyme disease even if your tests are negative.

7.”Wait and See” approach to treatment may be risky

Up to fifty percent of ticks in Lyme-endemic areas are infected with Lyme or



disease.

Avoiding a tick bite remains the first step in preventing chronic Lyme disease. One needn’t have been “hiking in the woods” in order to be bitten by a tick. There can be ticks wherever there is grass or vegetation, and tick bites can happen any time of year. Spraying one’s clothes with DEET-containing insecticide, wearing long sleeves and long pants, and “tucking pants into socks”, continue to be the best ways to avoid ticks attaching to the skin. But don’t forget the post-walk body check.

LYME: PAGE 34



# Stress, Sleep, and How We Cope?

Dan McGraw  
VALLEY PATRIOT GUEST COLUMNIST

Paraphrase of a recent post on FB: “I’m exhausted but I can’t fall asleep. I wake early in the morning and I’m still exhausted and I can’t fall back to sleep! WTF!”

Physicians have told me that there are a bunch of reasons for problems with sleeping, not just stress. They know way more about such medical diagnoses than I do! Part of my training is in Holistic Research: spirit, mind and body. So, I’ll respond to this “WTF!” from my training in the effects of stress on the mind from both my personal experiences and professional training. It’s always best to consult your Doc first, though.

One thing a person can do to deal with their stress is talk with someone trained in the nature of the mind. My journey goes something like this. Way back in the ‘70s I studied psychology. I went to a therapist to talk, not because I needed it, but because I was told being in therapy is the best training for being a therapist! (Talk about denial!!!) I’ve been in therapy for almost as long as Woody Allen at this point!! I find it fun and interesting. (My idea of fun is quite obviously different from that of other people!) Therapy has been quite painful and very, very difficult at times. I learned to connect the past with the present, but I already knew that! Lol! I learned to tell the difference between feelings and facts, and to be a bit less impulsive about acting on those feelings!! Therapy does/did help, but I still had lots of worries going round and round in my head.

So, the next thing I did to help with my stress was see a shrink! I finally broke down in the 90’s and considered meds. In spite of all the therapy, I still had these maddening intrusive thoughts. I just couldn’t turn them off and not just on the edge of sleep.

I happened to be working in a medical group at the time. Drug reps marketed their wares there and I got an education from them! (Many Doctors do.) I got curious if meds might help me with my anxiety. I hated the idea. It made me feel defective. Therapy and meds are for crazy people or the weak. That wasn’t

me. Oops, wrong on both counts. The shrink I saw prescribed some meds to go along with the counseling and voila!!! Within just a few days, I felt like I had been living in a London Fog since I was 4 years old and suddenly the fog lifted. I could see blue sky and lots of colors: not all gray all the time anymore! WTF!!! “I must have been ‘depressed’ all my life and didn’t even know it,” I thought!!!

Later on, I began to take some stress management classes and, then, actually began teaching them as well. This was back in the 90’s, as well. I found the skills I learned in those courses really worked. I got a little miffed.

Why hadn’t all those therapists and shrinks I’d seen over the years taught me these things instead of just getting me to connect my past with my parents with my present screwed up way of coping?!

What are those stress management skills? We see them all the time online and in the magazines. Learn to meditate. Pray, if you believe. Learn how to relax. Take regular breaks. Bring more balance to your life. Seek variety. Take mini-vacations. Eat better. Use your bed for sleeping and sex, not work. Exercise. The best exercises are aerobic and gentle stretching that increase flexibility.

Create a good support network with people you can trust and confide in. (If you can find even just one, you’re very lucky!)

We all know this stuff right! Do we do it? Well, sometimes. In future articles I’ll write a bit more about how stress and the ‘busy mind’ are connected, especially for some of us at the edge sleep. How can we turn off the ‘to do’ thinking, the judging mind, the ‘tyranny of the should,’ and relax, maybe even fall to sleep?

*Dr. McGraw has degrees in Theology, English Lit, Education, Counseling, and Human Services. Dan has maintained a research practice in Holistic Personal Growth for many years. He shares his interests in social justice and current events through Perspectives, a show he hosts at HC Media, and his discussion page on Facebook. He can be reached by private message on Facebook.*



## Bloodline: TV’s Newest Addictive, Binge-Worthy Show

Bill Cushing  
VALLEY PATRIOT TV COLUMNIST



“Sometimes you know something is coming. You feel it in the air, in your gut. You don’t sleep at night. The voice in your head is telling you something is going to go terribly wrong and there is nothing you can do to stop it.... That’s how I felt when my brother came home.”

With those words, Netflix newest drama, Bloodline begins.

From the creators of Damages, Bloodline follows the Rayburn family, a tight-knit clan that is reuniting at their parents’ house in the Florida Keys. Sally and Robert Rayburn, played by Sissy Spacek and Sam Shepard, own the prosperous local hotel and have invited everyone to spend a weekend there celebrating the 45th anniversary of the resorts opening. But the festivities are overshadowed by the arrival of the black sheep older brother Danny, played masterfully by Ben Mendelsohn, whose presence dredges up the family’s history.

Immediately upon his arrival, Danny’s makes things very uncomfortable for his family. His mere presence dredges up bad memories of past events. Specifically, the accidental death of one of his siblings, that Danny was somehow involved in.

Emmy winner Kyle Chandler (Friday Night Lights) plays the middle brother John Rayburn. He narrates sporadically throughout the show, providing details into the personalities of his family and what they felt when Danny returned. John is basically the family watchdog, always trying to act like the father, even to his own siblings.

We begin to learn more about the past and the pivotal moments in these characters lives through a series of flashbacks that appear throughout the series.

The show is set up, much like Damages, as an unfolding mystery. We know

in the first episode that something happens, but we don’t know how it happened or what led up to it. The mystery of what happened in the past and what occurs in the future fuels the debate of who’s really good and who’s really bad and highlights how easy it is for people to cross that line between the two. The show teases us, offering little glimpses of the future and then bringing us back into the present, when the family’s many scars are revealed. This family’s got a secret buried in its past, and Danny is the only one who seems willing to address it.

Linda Cardellini (ER, Mad Men), Norbert Leo Butz, and Chloe Sevigny (Big Love) round out a top-notch cast that will surely be well represented when awards season rolls around. Mendelsohn and Chandler are sure-fire bets to get nominations.

One of the show’s strongest qualities is the pace at which the story is told. It’s a very slow burn, allowing the tension to build and build. It requires the viewer to be patient, and rewards you for that patience in the end.

“I’m going to tell you everything. It’s not very pleasant, but it’s the truth,” John tells the viewer. “Please don’t judge us.... We’re not bad people, but we did a bad thing.”

When the opening episode ends with those words, you’ll be hooked. The show has already been renewed for a 2nd season. It’s on Netflix with all 13 episodes available to binge on. Check it out, you won’t be disappointed. Bloodline is an addictive, masterfully written drama.

*Do you have any questions about TV? Email me at BillsTVPatTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.*

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# Tick Attack Season

Tracey Zysk  
VALLEY PATRIOT DOGGIE COLUMNIST

When it comes to these pesky little creatures ... ugghh, they are everywhere in the Merrimack Valley, Southern New Hampshire and even hiding in your own backyard. This year has already been unbelievable. They are not only annoying and gross, they can cause harm to your dogs.

Just this past Friday one of my clients called to tell me her dog was in the hospital and diagnosed with Lyme disease. Yes, even in early spring we have ticks. In fact, with our ever changing weather it is common for these "little buggers" to be around most of the year.

Scary statistic I came across on the Massachusetts Health and Wellness website:

"In the United States, the reported incidence of Lyme disease, or number of new cases, is greatest in the Northeast, mid-Atlantic, and upper-Midwest regions. Massachusetts had the fourth highest incidence rate (number of new cases per 100,000 people) of Lyme disease nationwide."

People and dogs are equally susceptible to Lyme and unfortunately, it seems to be only getting worse.

That's right, our state is the fourth highest in the NATION for people and pets to be diagnosed with Lyme....and to make it more of a reality, Merrimack Valley has been ranked one of the top regions in MA. We are still an area of woodland, fields and wildlife. All where our naggy ticks like to live.

Obviously you are not going to stop walking your dogs, bringing them out on the trails and forbidding them to run around on your properties. But what can you do?

Well the most important thing is to be aware. Know the areas your dog is playing or walking. Is it high grass, woods, leafy area or brush? All these areas are high risk for carrying ticks.

After your pooch has had his play time, take a minute and do a tick check. Go over the body and through the fur, check for a lump or bump on the skin. Find a surprise? Hope not, but if you do, use a tick remover or tweezers and pull it off of your dog immediately. Please remember to pull and not twist. This will help to remove the



entire tick and make the pinch to your dog a little less painful.

Common Symptoms of Lyme in Dogs:

- \* Joint problems
- \* Stiff back
- \* Lethargy
- \* Limping

If your dog shows any of the following symptoms, please contact your veterinarian immediately for a Lyme test. Lyme, if caught early enough is easily treatable with antibiotics. If not treated, Lyme can destroy your dog's liver, kidney and even cause paralysis.

Along with awareness comes prevention. What can you do to protect your dog before all of this happens? Well, there are a several products on the market from shampoos, powders, sprays, collars and Frontline and BioSpot. There is also a complete line of holistic and all natural products too. Groom and spot-check your pet regularly. As always, you should always discuss all of these in detail with your veterinarian to decide what is the best option for your dog.



Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, TV and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units and National Award winner of the Platinum PAW award. Tracey may be reached at [wigglewalk@comcast.net](mailto:wigglewalk@comcast.net). Become a fan on Facebook at Wiggles & Jiggles Pet Care



The gang from One Tail at a Time Dog Rescue in Haverhill stepped out for a night of fun at Mixx 360 in Malden last month. One Tail at a Time rescues dogs from kill shelters and finds them foster homes until they can be permanently adopted. At right, Valley Patriot publisher Tom Duggan presents a check for \$500 from the Valley Patriot's 11th Anniversary BASH for One Tail to continue saving puppies. To donate, send a check to One Tail at a Time, PO Box 8361, Haverhill, MA 01835. They are a non-profit so your check is tax deductible!



## FIORINA: FROM PAGE 17

ter who you are, it doesn't matter where you come from, and it doesn't matter what your circumstances are, that your life can be filled with possibilities because your life is also filled with potential. The thing that motivates me to potentially run for president now is too many possibilities are being crushed for too many people. If you ask Americans, they feel that we are losing that uniquely American sense of limitless possibility, and I think that is in large measure because literally the weight of government, a government that has been growing bigger and bigger, more powerful, more costly and corrupt under both Republicans and Democrats of the political class. It's because the weight and power of that government is crushing people's possibilities, either by tangling their lives up in webs of dependency or killing the economic engine of growth and family and small businesses or in creating such complexity that only the big and the powerful and the wealthy and the well-connected can get ahead, which is what we're seeing now.

I've heard you say, "Fundamental change takes leadership and citizenship." As you've travelled the country and the world, have you seen that citizenship, that vibrant participatory democracy that we tell ourselves in civics lessons is quintessentially American?

You know I think a lot of citizens have disengaged from the political process, over the last several years, maybe over the last decade or two. I think one of the reasons citizens disengage from the process is they look at it and they say it doesn't matter; it doesn't matter what I think, it doesn't matter how I vote. And of course in many ways they're wrong; elections have great consequences.

But in some ways they're absolutely right because the government that I talked about that's been getting bigger and bigger and more powerful for 50 years has gotten that way under both Republicans and Democrats. I think a lot of people look at the political process and see soundbites

hurled back and forth, a lot of vitriol, a lot of arguing and not a lot getting done for them. And so it's one of the reasons I think Americans are sort of tired of the political class and the political game and are ready to return to a citizen government. That is, people used to come from private life, go into public service for a time, and return to private life. And I think that's the kind of leadership we now need and I think citizens will respond to that and get engaged in a new and different way.

One of your return visits to New Hampshire, just later this month: to speak at an Americans for Peace, Prosperity and Security forum, April 30 at UNH-Manchester. How does a Carly Fiorina prepare? Your professional and life experiences have prepared you to an extent, but tell us the process of preparing remarks on a focused topic for a public event.

Well first I would say that the world – national security, the leaders on the world stage today – they are not an abstraction to me, because I have met many of them. I have talked with many of them about the dangers facing a region, or our world, and I have had interaction over time with our intelligence community and our defense community. On the other hand, there is always more to learn. And so just as an example, I spent several hours yesterday with a group of experts on Asia, and we were talking about China's new aggressiveness in the region. We were talking about Russia and what Putin really is striving for, which is a consolidation of power. We were talking about what America can do to once again lead in the world, without rushing off to war. So my point is, experience prepares you, talking with experts prepares you, being well informed about the issues and the challenges prepares you.

(Alex Talcott, J.D. is a Faculty Team Lead for Criminal Justice and Political Science at Southern New Hampshire University, where he also teaches business law.)

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You may also start your registration process online at [www.lawrence.k12.ma.us](http://www.lawrence.k12.ma.us)

### Please be prepared to share the following documents for each child being registered:

- LPS Registration Packet
- Child's health records:
  - Complete immunization records
  - Copy of the most recent physical (within a year)
  - TB test with results or low risk assessment
  - Vision screening (must include Stereopsis)  
*Kindergarten only*
  - Lead test result  
*Kindergarten Only*
- Original birth certificate
- Legal custody papers, if applicable
- Last report card or transfer form, if coming from another community
- I.E.P., if student received services under a Special Education Program
- I.A.P., if the student receives services under Section 504
- Proof of residency (such as electric/gas bills or mortgage bills dated within 30 days or a certified rental agreement).

### STUDENTS MUST BE PRESENT TO COMPLETE THE REGISTRATION PROCESS

Students entering Kindergarten must be 5 years old on or before September 1st, 2015



Registration packet available at neighborhood schools, Family Resource Center, and at [www.lawrence.k12.ma.us](http://www.lawrence.k12.ma.us)

For more information or to schedule an appointment, please contact our Lawrence Public Schools Family Resource Center at (978) 975 - 5900





# Memorial Day

John Lenotte  
VALLEY PATRIOT VETERAN COLUMNIST

Memorial Day is again approaching. That time for the unofficial beginning of Summer. And after this last Winter, we are all looking forward to sun and warm weather. As I do every year, I will ask you to take a few minutes to think about those who made sacrifices so we call all enjoy the many freedoms we have as Americans.

This year it seems that more and more of our World War II and Korean War veterans are passing away. Vietnam War veterans are also getting older and moving on to what we call “post everlasting”. For a period of time I have been attending an average of one wake per week! It reminds me of how fragile life is and how really short life can be, given the total expanse of time. Most of these men and women have given so much, yet asked for so little in return. Unfortunately, we still see many having problems getting appointments and timely care from the Veterans Administration (VA). The American Legion and other organizations are asking Congress to give the VA full funding for the coming fiscal year. Those veterans going to the VA are in need of care today, not tomorrow when it might be too late.

We have a younger generation of veterans who are also in need of care, many who are still in the military but will need help when they transition to the civilian world. How can young men and women, our children and grandchildren, be asked to serve in the future with little guarantee that any problems from serving will be taken care of by our government.

The need for veterans is not only for medical issues. Credentialing is still an issue. If someone served as a combat medic, there should be an easy path to become an EMT; or if they were a truck driver, it should be a little easier to get a CDL license. Credit for military training and experience should be considered.

On April 28, 2015, The American Legion conducted a credentialing summit. According to the press release: Highlights of the summit included several interactive panels that cultivated discussion between



John Lenotte is the recipient of the 2012 Valley Patriot Hero of the Year Award and is Commander of the Wilbur M. Comeau Post 4, Haverhill, MA; Past Department Commander, of Massachusetts The American Legion; contact: JohnLDistrict8@verizon.net

attendees and private sector, nonprofits, military and federal agencies, and other organizations. Guest speakers included Secretary of Labor Tom Perez; Teamsters President James P. Hoffa; Maj. Gen. Rex Spitler, Deputy Chief of Staff for the U.S. Army’s Training and Doctrine Command; and Maj. Gen. Tim Orr, Adjutant General of the Iowa National Guard. They addressed critical credentialing issues and provided details regarding programs certain services have in place to prepare departing service members for life after the military. The day’s topics also included assessing the quality and value of credentials, closing the skills gap, military spouse credentialing and credentialing best practices in transportation. These issues have gotten some attention but need more work.

Please, please join me in reaching out to our Congressional delegation and make your/our voice heard in these matters. And this Memorial Day, remember that, “All gave some, but some gave all”.

May God bless our troops and their families.

John Lenotte, Commander, Wilbur M. Comeau American Legion Post 4 Haverhill and Past MA Department Commander. May be reached at JohnLDistrict8@verizon.net

## SHEILA’S RECIPE CORNER

SHEILA MULLINS  
VALLEY PATRIOT RECIPE COLUMNIST

The snow is finally gone! YEAH! But there’s still a chill to the air as I’m writing this in April. It’s murky & raw, so I’m thinking warmth, but warmth from something a bit lighter than regular comfort food; after all, it IS spring.

I’m also thinking about having friends stay recently with us and the appetizers I had prepared for dinner while they were here. I wanted to do a different version of them, so here they are! Let me know what you think.



**SPICE ROASTED CARROTS**  
Anyone who knows me, knows I love the flavours of the Middle East & of the Spice Trade. This is a nod to those flavours. This is excellent with roasted chicken or something else that is rather simple in its flavour profile as this brings flavour in a big way.

Za’atar is a Middle Eastern spice blend the way that Italian seasonings is. It’s not hot in any way but it quite flavourful. It’s available at most local grocery stores in the spice aisle.

Serves 2  
8 oz carrots, peeled & cut into chunks  
1 T olive oil  
1 T ground coriander  
1/4 t garlic powder  
1/2 t cumin powder  
3/4 t za’atar  
Salt & pepper  
Preheat oven to 375°F.

Place carrots in a roasting pan. Drizzle & then coat carrots in olive oil. Season well with salt & pepper. Add all other ingredients. Mix well to coat. Roast in oven for 25 minutes. Serve hot.

I love to entertain. I’ve said that here



before, but I don’t often serve appetizers as I want to ensure that the meal is the main focus. But really, there are times you really DO need appetizers & frankly, when I’ve made a big meal, I want a simple to prepare appetizer that tastes good. It’s even better if I can prepare it in advance, as one can with these, & just bake them when ready. Give these a try, you will like them!

**PUFF PASTRY PINWHEELS WITH SHALLOTS & CHEESE**  
Makes 12-14 pieces

1 sheet thawed puff pastry  
2 T butter, melted  
Salt & pepper  
2 T grated Fontina cheese  
2 T grated pecorino romano cheese  
3/4 t garlic powder  
1/4-1/2 t cayenne pepper, to taste  
2 T minced fresh parsley  
3/4 t fresh thyme

Preheat oven to 375°F.  
Brush sheet with melted butter. Season with salt & pepper. Sprinkle ingredients evenly over the surface to the edge leaving one edge with a 1/2” plain border. Roll up from opposite side of plain edge. Cut into 12-14 slices. Place on a baking sheet leaving room for expansion between. Bake for 12-15 minutes or until lightly golden brown.



Recipes are created by Sheila Mullins & taste tested by Jerry & Sheila Mullins. Sheila lives in Newburyport & is a personal cook, among other things. She can be reached at Sheila\_A\_Mullins@hotmail.com & she looks forward to hearing from you.

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# JESUS: FROM 24

disciples if ye have love one to another.”

In John 15: 12-14, “This is my commandment, that ye love one another, as I have loved you, (13) Greater love hath no man than this, that a man lay down his life for his friends. (14) Ye are my friends if ye do whatsoever I command you.” This kind of all-inclusive, non-disqualifying love originated with Jesus’ Father. John 3:16-17, “For God so loved the world, that he gave his only begotten Son, that whosoever [and whosoever means everybody], believeth in him should not perish, but have everlasting life. (17) For God sent not his Son into the world to condemn [to judge] the world; but that the world through him might be saved.”

We are exhorted in Ephesians 4:32, “And be ye kind one to another, tender-hearted, forgiving one another, even as God for Christ’s sake hath forgiven you.” And again in Colossians 3:12-14, “Put on

therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; (13) Forbearing one another, and forgiving one another, if any man have a quarrel against any; even as Christ forgave you, so also do ye. (14) And above all these things put on charity [love], which is the bond of perfectness.”

The Gospels show us Jesus, who is love personified; he stretched out his arms on the Cross for everyone, disqualifying no one. He lovingly exhorts us to love one another as he loved! By this kind of love, a love that qualifies all by His Grace and disqualifies no one by His Mercy, others will know that we are His Disciples! My friends, this is a worthy challenge for all of us to live by.

Love to all!  
Peter Larocque

# Dr. FRANK: FROM 26

responsible diet and exercise. We need better strategies to deal with addiction. We also need economic opportunity to reduce government dependency and empower families to succeed. Success depends upon shared commitment and understanding that we are all in this together. Your efforts will help others. You know what you need to do. Now go do it.

*Dr MacMillan specializes in Gastroenterology and Liver disease and is a member of the North Andover Board of Health. Dr Macmillan was recently elected by his peers to be vice Speaker of the House of*

*Delegates at the Massachusetts Medical Society, and alternate Delegate from Massachusetts to the American Medical Association.*

*Dr MacMillan is on staff at Holy Family Hospital Haverhill and Methuen, Anna Jaques Hospital in Newburyport, Lawrence General Hospital, and Parkland Hospital in Derry, NH and is the President of the Massachusetts Gastroenterology Association. Dr MacMillan also serves as Massachusetts Governor of the American College of Gastroenterology and is a Fellow of the College.*

# HEROES: FROM 1



how many dollars in wagers had been exchanged, but I can say that somehow, someone remembered just whose toy it was and I eventually did get my “bomber” back. But I was indeed chagrined... and then some. Those trains at that time moved slowly and they had commanded my “bomber” for hours.

At the time I neither realized nor appreciated what I had experienced... but in the ensuing years I have often wondered just how many of those so very young

guys ever made it back home.

The 8th Air Force in England and the 15th Air Force in Italy (combined) lost around 3,200 B-17’s and about another 2,500 so badly damaged that they had to be scrapped.

That figure translates to 24,288 aircree killed in action.

But to a kid of about 7 or 8 years old. even then...

They were all heroes.

NEXT MONTH PART II

# DEEB: FROM PAGE 6

acades of Middle East peacemaking-and promised to go on building settlements on occupied land. Such policies defy the core vision of a solution to the Israeli-Palestinian conflict embraced by President Barack Obama and his Republican and Democratic predecessors.” Thus, it is important to note that the two-state solution has been supported by Republican as well as Democratic Presidential Administrations, the United Nations, and the international community. Bibi Netanyahu has rejected this, made racist comments, violated international law, and should thus be rejected by the United States and the entire international community until he makes a meaningful effort to reverse course.

Former President Bill Clinton once described Bibi Netanyahu as the most dishonest world leader he has ever dealt with. A September 22, 2011 New York Times editorial commented that Netanyahu “refuses to make any serious compromises for peace. He appears far more concerned about his own political survival than his country’s increasing isolation or the threat of renewed violence in the West Bank and all around Israel’s borders...”To make matters worse, the Wall Street Journal reported on March 24th that Israel spied on Iran’s nuclear talks with the United States and was using the information to undermine President Obama’s efforts to reach a diplomatic deal with Iran to abandon uranium enrichment.

The United States has an important diplomatic role to play in helping to resolve the Israeli-Palestinian conflict. This requires a two-state solution in that region: Israel as a Jewish state and Palestine as an

Arab state with both countries affording rights to both Jews and Arabs who choose to reside in either state. The other option (not supported by most) is for Israel to grant all Palestinians the right to vote in Israeli elections. This would in essence mean the end of Israel as a Jewish state as the Arab population would outnumber the Israelis. The only alternative is that Israel remains the Apartheid state that it currently is under Netanyahu denying basic human rights to its Arab Christian and Muslim residents. This status quo arrangement should not be tolerated by the United States or any other country in the international community. Let’s isolate Bibi Netanyahu and make him irrelevant in the months to come unless his government starts to get serious about making peace and ends its spying espionage spying operations against the United States. Being a “Pro-Semite” means recognizing that Israelis and Palestinians both deserve to live in a safe and secure independent state recognized by the international community.

*D.J. Deeb is a Methuen resident and member of the Methuen School Committee. Deeb is an Adjunct Professor of History/ Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. He teaches Social Studies full-time at Reading Memorial High School. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (IUniverse, 2003).*

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# Lawrence Contractor Fined \$46,150 for Asbestos Violations Found During Inspection in Burlington

The Massachusetts Department of Environmental Protection (MassDEP) penalized two asbestos-abatement contractors \$46,150 each for violations found during a routine inspection of a work site at 64 Cambridge Street in Burlington. All State Abatement Professionals of Plaistow, N.H. and Cruz Abatement and Contracting Services of Lawrence had been contracted to perform asbestos abatement work at this commercial site.

MassDEP found during its December 9, 2014 inspection of this property that approximately 150 linear feet of pipe-wrap asbestos-containing material had been removed with glove bags that did not have air-tight seals. Failure to adequately wet the asbestos material prior to removal in this manner would cause airborne asbestos fibers, which pose a health risk. Asbestos is known to cause asbestosis and various forms of cancer.

Additional violations at the renovation site included failure to have the asbestos-removal work area isolated with barriers, vents or doors, and putting asbestos-containing waste into improperly sealed bags that were not labeled as required.

“Preventing asbestos fibers from becoming airborne is essential, and failure like this is not acceptable,” said Eric Worral, director of MassDEP’s Northeast Regional Office in Wilmington. “Removal, bagging, labeling, shipping and disposing

of asbestos must be done properly and safely to protect workers and the general public.”

All State Abatement Professionals was the lead contractor, and will pay \$10,500 of its penalty and the remaining \$35,650 will be suspended provided there are no additional violations for one year following the date of its last payment to the Commonwealth.

Cruz Abatement and Contracting, which was retained as a sub-contractor, will pay \$10,000 of its penalty and the remaining \$36,150 will be suspended provided there are no additional violations for one year following the date of its last payment to the Commonwealth.

Property owners or contractors with questions about asbestos-containing materials, notification requirements, proper removal, handling, packaging, storage and disposal procedures, or the asbestos regulations are encouraged to contact the appropriate MassDEP Regional Office for assistance at: <http://www.mass.gov/eea/agencies/massdep/about/contacts/>

MassDEP is responsible for ensuring clean air and water, safe management and recycling of solid and hazardous wastes, timely cleanup of hazardous waste sites and spills and the preservation of wetlands and coastal resources



## Lawrence Mayor Reacts to Ferguson, New York, South Carolina Incidents - Orders Use of Force Review for Lawrence Police

Lawrence Mayor Daniel Rivera and acting Police Chief James Fitzpatrick announced yesterday, the ongoing efforts to avoid and prevent the wrongful use of force by officers in the Lawrence Police Department. In light of the recent national incidences of wrongful use of force by police officers, and the growing national divide between law enforcement and the communities they protect, it is important to report the proactive actions of acting Chief Fitzpatrick and the Rivera Administration.

“I am troubled by the many instances where civilian lives are either taken or harmed by under-trained and rogue law enforcement officers. In a dense, diverse city like ours, with so many immigrant groups, we cannot afford a tragic incident because our law enforcement officers were not trained appropriately. I want the community at large to know that as Mayor, I will do everything in my power to ensure our officers are trained and knowledgeable in the use of force, and that our use of force policy is rooted in the basic notion that all lives matter,” said Mayor Daniel Rivera.

Over 8 months ago, acting Chief Fitzpatrick enacted an action plan to ensure officers under his command were trained and knowledgeable on the use of force policy and modern day use of force tactics as set out by the Massachusetts Police Training Council. This included an 8 hour MPTC training course and a 2 hour in-house in-service training. The training reviewed court cases around the use of force, emphasized the proper use of deadly force as authorized by MPTC, and taught appropriate, thorough and transparent report writing.

“While the majority of our encounters with the public are peaceful, we must train our officers to effectively deal with any encounter. In our training we emphasize both restraint and de-escalation techniques which help us achieve our ultimate goals

to preserve life and maintain a safe community,” said acting Chief Fitzpatrick.

As of today, almost one hundred percent of the sworn officers have completed both trainings. The use-of-force guidelines and chart have been prominently placed throughout the police station and officers were each given reference guides for personal use. Chief Fitzpatrick and Mayor Rivera reviewed, and are in the process of updating, the Lawrence Police Department policies on use of force. The old policy was issued six years ago in March of 2009.

The new policy will include an emphasis on de-escalation, an update on allowable tactics, and added language for the administration of medical care when necessary. Once updated, the policy will be read at every roll call, given to every officer, and posted throughout the police station. This is just one step in an ongoing effort to gain the community trust.

In November of 2014 Mayor Rivera and acting Chief Fitzpatrick also announced the reorganization and streamlining of the LPD’s Professional Standards Unit (formerly known as Internal Affairs). These enhancements introduced a new anonymous, complaint and commendation procedure for residents to use in reporting police officer conduct. It also included greater access to bilingual forms, designated and separate phone line, and new professional standards tracking software. Head of this initiative, Lt. Mike McCarthy, provides aggregate reports from this initiative at monthly COMPSTAT meetings.

“In short, these combined efforts by acting Chief Fitzpatrick and his leadership team, are to help us prevent unnecessary tragedy in our community, and to build the trust between our brave police officers and residents,” said Mayor Rivera.

“We will continue to adopt best practices in this area as we grow one of the finest police departments in the nation.”

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NOTEBOOK: FROM PAGE 9

placement, the audition is required to join NMYO. The audition will include various scales, a piece of your choosing showing contrasting styles, and sight-reading at an appropriate level.

NMYO offers eight ensembles including two beginning string ensembles - Prelude and Overture; two full orchestras - Intermezzo and Symphony; a Wind Ensemble for all levels of winds, brass, and percussion; and three levels of Flute Choirs. Small chamber music ensembles are also offered as part of the symphony program to challenge the more advanced players. NMYO ensembles perform four major concerts and several smaller outreach concerts annually. Weekly rehearsals are held in Topsfield conveniently located near Route 1 and just off Interstate 95.

To register for an audition, check audition requirements for your instrument, or learn more about NMYO, go to [www.nmyo.org](http://www.nmyo.org) and click on the audition page or email [auditions@nmyo.org](mailto:auditions@nmyo.org). Questions can be addressed to (978) 309-9833.

**NORTH ANDOVER - ANNUAL MAY FAIR** at the Berkeley Retirement Home will be Sat. May 9th from 9am to 2pm. Silent Auction, Jewelry, Gifts, Bakery, Plant Sale \$1 per Table. "Christmas" in May, Odds 'n' ends, and more. Lunch served from 11:00am to 1pm at the First Cavalry Baptist Church Fellowship Hall. (located at the corner of Rt. 125 and Mass. Ave. in North Andover).

**CHELMSFORD - OFFICE OF CAMPAIGN AND POLITICAL FINANCE ORDERS MARTINEZ TO DISSOLVE CAMPAIGN ACCOUNT** -According to the Mass OCPF Sandra Martinez, Chelmsford, did not comply with state campaign disclosure laws. OCPF says the Martinez Committee did not accurately disclose campaign finance information from 2012 to 2014. The committee amended its reports and agreed to the following: (1) the committee will dissolve (2) the candidate will forgive \$17,000 in loans from her to the committee (3) the committee's residual funds will be purged

to the state's general fund, and (4) if the candidate runs for office again, she will notify OCPF, hire a professional compliance vendor to ensure accurate disclosure, agree to an enhanced reporting schedule, and provide all requested documents to OCPF within two weeks of a request.

METHUEN - MAYOR ZANNI SEEKS CITIZENS FOR METHUEN DISABILITIES

Mayor Stephen N. Zanni is looking for prospective Methuen residents interested in joining the city's Disabilities Commission. Serving on this city board is a great way to get involved and make a difference in the community.

A majority of Disabilities Commission members consist of people with disabilities, people who have an immediate family member with a disability, and the citizenry at large.

The Disabilities Commission deals with important issues of access and compliance for Methuen citizens. "We are always looking for people to make an impact on our community by joining a city board or commission," says Mayor Zanni. "This is a terrific way to meet fellow citizens with similar concerns, and work with my office and the community at large in creating positive change in Methuen."

A complete list of Boards and Commissions is available at [www.cityofmethuen.net](http://www.cityofmethuen.net). Those interested in being considered should complete and submit a Talent Bank application available on the city website or in the Mayor's Office at 41 Pleasant St., Suite 306, Methuen, MA 01844. The Mayor's office phone number is 978-983-8505.

For more information on this issue, please call the Mayor's Office at 978-983-8505 or email John Molori at [jrmolori@ci.methuen.ma.us](mailto:jrmolori@ci.methuen.ma.us).

**CALENDAR**  
**METHUEN - 13TH ANNUAL BEAUTIFICATION DAY:** Saturday May 16, 2015 at the Bellevue and Saint Mary's Cemeteries. Meet at Saint Mary's Mausoleum, 6 Woodland St. Methuen, MA

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FROM PAGE 27: LYME

other tick-borne diseases. With odds like that, if you have proof or a high suspicion that you've been bitten by a tick, taking a "wait and see" approach to deciding whether to treat the disease has risks. The onset of Lyme disease symptoms can be easily overlooked or mistaken for other illnesses. Once symptoms are more evident the disease may have already entered the central nervous system, and could be hard to cure. This is one case in which an ounce of prevention really is worth a pound of cure.

8. Don't be afraid to get a second opinion

Recognize that opinions on how to diagnose and treat Lyme disease vary widely among physicians. It is worth getting a second or even a third opinion, especially if you are symptomatic and your doctor advises not to treat, or symptoms recur or persist after treatment. Keep in mind that your physician may focus too narrowly on diagnosing and treating a single symptom. For example, a physician may diagnose a pain in your knee as "arthritis", and not see this as just one part of a larger set of symptoms that adds up to a diagnosis of Lyme disease, which requires different treatment.

9. Know your treatment options

Work with your doctor to identify the appropriate treatment option if your symptoms persist. There is more than one type of antibiotic available. Longer treatment is also an option. You should also work with your doctor to make sure you don't have


another condition.

10. Expect success

You should expect to get better. You should not accept "watchful waiting" - the practice of stopping antibiotic treatment before you are well and then waiting for symptoms to clear on their own. Some doctors advocate stopping Lyme treatment while the patient is still symptomatic and then hoping that he or she will eventually recover without further treatment. Government trials have identified a number of individuals whose symptoms did not clear when treatment was cut off prematurely. There are doctors who feel your symptoms will clear with further antibiotic treatment.

Support by Turn the Corner Foundation  
Turn the Corner Foundation (TTCF) is dedicated to the support of research, education, awareness and innovative treatments for Lyme disease and other tick-borne diseases. Since its inception, TTCF has organized and supported countless programs that address Lyme disease education, diagnosis and treatment.

Source: International Lyme and Associated Disease Society



Dr. Jin Sung is a chiropractic physician who helps his patients both neurologically and metabolically to solve complex health issues. He can be reached at 978 688-6999. Or visit his website at [www.DrJinSung.com](http://www.DrJinSung.com).

01844. 9am - 12pm. RAIN OR SHINE! Volunteers Wanted! Volunteers Wanted! Ceremony for Veteran Flag Disposal & Volunteer Cookout to Follow At the Red Barn on Reservoir St. 12pm - 2pm

**NORTH ANDOVER - All Towns Welcome for Electronic and Appliance Recycle Day** in North Andover at the First Calvary, 586 Mass. Ave. North Andover MA 01845 Saturday May 23, 9am-2pm. Bring these items to the parking lot: Any kind of Electronic item: Computers, Scanners, Flat panel monitors, Copiers, DVD, Stereo equipment, Lighting (Anything with a plug) etc...\$5 ea. Any kind of Appliance and more: Dishwashers, Dryers, Stoves, Microwaves, Dehumidifiers, Refrig., AC, Exercise Equipment, Lawn Mowers, Small Engine Items, Snow Blowers, etc...\$10ea. Flat panel monitors...\$5, Glass monitors.. \$10. TV's under 19"=10 dollars, 19 inches up to 26=15 dollars, 27 inches to 36 inches=20 dollars, over 36 inches=25 dollars. No Fee: Cables, keyboards, Cell phones, Car batteries, etc.

Also included: Bicycle Recycle Day, no fee.

Bring your unwanted old or new bicycle and drop it off, it will be reused again. Any bicycle is a good bicycle:

Mountain, Road, BMX, Cruiser, old/new, kids, etc. Our aim is to keep bikes from being thrown out when they can be reused. Questions: Contact Dennis Wood 508-277-7513.

**LAWRENCE VETERANS** - On May 9th, 2015, members of our RSVP/FGP/YVC will join together to hang memorial wreaths on street corner memorials dedicated to fallen heroes that served our country valiantly. Three programs combine to become the Volunteer Inter-generational Program (VIP) where the 3 components work together to achieve our undertakings. MVCSC is working in conjunction with the Veteran's Services Department of Lawrence and the Liberty House. VIP members recently met at the Lawrence Senior Center and created and decorated by hand, wreaths that will be hung at corner memorials. MVCSC has received material donations for this event. We will meet at Lawrence City Hall, on Saturday, May 9th at 9am where our installations will start and proceed throughout the down town area. On January 10th, our VIP members created the wreath that was hung at corner of Hampshire and Common St., in honor of PFC David Lee,

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killed at the Battle of the Bulge, WWII. Mr. Lee was the first Chinese American from Lawrence who lost his life during WWII. As part of the project, they will incorporate a service learning activity that will allow our VIP members to learn about the people who are being memorialized. Where they lived, what schools they attended, information about their families etc. The intention is to place wreaths on all corner memorials in the City of Lawrence within the near future. May 9th will be the first step in addressing this effort.

MVCSC’s family of programs is proud to sponsor many activities that impact on quality of life issues, such as delivering Meals on Wheels, Friendly Visitors, Citizenship training, Cuddles for Cuties, providing literacy to support teachers in classrooms, Farmer’s Market, Cor Unum assistance, and much more.

STONE PLACES WITH HISTORIAN JOAN PATRAKIS Thursday, May 7th at 1:30pm. \$3. Stone Places can be historic houses, churches, mill buildings and even a castle. May also be country walls, cobblestone paths and granite foundations. Through photographs explore the beauty of these local treasures and learn their architectural and historical significance.

MEN’S BREAKFAST: PHILLIPS ACADEMY PEABODY MUSEUM Friday, May 8 at 8:30 a.m. \$4. Ryan Wheeler, Director of the Phillips Academy Peabody Museum, one of the nation’s major repositories of Native American archaeological collections, will discuss the museum’s mission, collections, and areas of public access and interest.

OLDER AMERICANS MONTH: 85+ BIRTHDAY PARTY Wednesday, May 13 from 2 to 3 p.m. Andover residents who are 85+ years old may join us for a cake and ice cream party. Please let us know if you would like a ride or if you will need any special accommodations when you arrive at the party. We’re happy to valet your car if you can let us know in advance.

ANDOVER – PUNCHARD - The Center at Punchard (The Center), 30 Whittier Court, Andover. Hours 8 a.m. to 4 p.m. Pre-registration required for all events and space is limited. Register at [www.myactivecenter.com](http://www.myactivecenter.com). Open to entire community, pending space. Call for information: 978-623-8321. Or visit [www.andoverseniorcenter.org](http://www.andoverseniorcenter.org) for our complete listings.

METHUEN - PREECLAMPسيا - Advocates for the Preeclampsia Foundation, a non-profit organization dedicated to reducing maternal and infant illness and death due to preeclampsia, a life-threatening disorder of pregnancy related to high blood pressure, will be participating in and raising money for the Foundation’s annual The Promise Walk for Preeclampsia™. The annual event, which happens around the country to support innovative research and raise public awareness about

the warning signs of preeclampsia, will be taking place here in Methuen MA serving the Merrimack Valley and Southern NH area at Riverside Park on May 23, 2015 at 10am-2pm.

The Promise Walk for Preeclampsia Methuen MA is happy to have many local supporters. We have several great raffle items and silent auction items such as a Vera Bradley bag, Cigar tasting for 8 people, Cruise Travel gift card and more. We will have a DJ playing great music, face painting, a magician and other great activities for all ages. Monica, a representative from Jenny Craig, will be joining us and sharing some snacks. We also have drinks and snacks donated by other local businesses. The list is long so please visit our website for more information.

The Promise Walk for Preeclampsia, with the tagline “Making Strides, Delivering Hope,” makes a clear connection with the mission of the Preeclampsia Foundation – a commitment for better outcomes for those whose lives have been or will be touched by preeclampsia and other hypertensive disorders of pregnancy. That “promise” includes ensuring education and awareness for all pregnant women and funding research to identify a cure for the condition.

For the city of Methuen this will be the first year they have produced a walk, attracting an unprecedented number of walkers, supporters with the goal of raising \$5000 dollars toward helping women and their infants who suffer from the

devastating effects of preeclampsia. “May is National Preeclampsia Awareness Month, deliberately chosen to coincide with Mother’s Day weekend,” explained Executive Director Eleni Tsigas. “Almost 300,000 women each year are affected by preeclampsia, with approximately 25 percent of those resulting in serious adverse outcomes to either the mother, baby or both.” Methuen Mayor Stephen Zanni has proclaimed May as Preeclampsia month.

Walk-up registrations will also be accepted on the day of the Promise Walk event, but pre-registration is encouraged by signing up at [www.promisewalk.org/Methuen](http://www.promisewalk.org/Methuen).

LOCAL GRANTS AWARDED FOR THE TOWN OF NORTH ANDOVER Senator Kathleen O’Connor Ives and Linda Ann Mac Donald, Chair of the North Andover Cultural Council, have announced the award of 15 grants totaling 9,727 for cultural programs in North Andover. “I’m proud to support the work of the North Andover Cultural Council, whose members serve as local decision-makers, focused on distributing state funding too many artistic and cultural initiatives that expand opportunities to experience the arts, sciences and humanities in North Andover,” said Senator Kathleen O’Connor Ives.

Grant recipients include North Andover Council on Aging, North Andover School Enrichment Council, Treble Chorus of

New England, Andover Choral Society, Northeast Youth Orchestras, Stevens Memorial Library, Merrimack Valley Philharmonic, Shakespeare and Company, New England Classical Singers, Thompson Elementary School, Essex Chamber Music Players, Museum Printing and A Spirited Palette. A complete list of recipients and grant amounts can be found at North Andover Cultural Council on Facebook.

The North Andover Cultural Council is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences and humanities every year. The state legislature provides an annual appropriation to the Massachusetts Cultural Council, a state agency, which then allocates funds to each community.

Decisions about which activities to support are made at the community level by a board of municipally appointed volunteers. The members of the North Andover Cultural Council are: Linda Ann Mac Donald Chair, Karen Vallerie Moschetto Treasurer, Julie Farro Secretary, Jennifer Reclette Tasi, Tita Santiago and Helena Minton.

It’s the local volunteers who really make this system work. They continue to make limited resources go as far as possible, and make the tough decisions about which projects should be supported. Thanks our volunteers, the arts, sciences and humanities are part of people’s everyday lives in every community across the state. If you would like to become a member of The North Andover Cultural Council please contact us at 1- 978-273-0999

Statewide, more than \$2.34 million will be distributed by local cultural councils in 2014. Grants will support an enormous range of grass-roots activities: concerts, exhibitions, radio and video productions, field trips for schoolchildren, after-school youth programs, writing workshops, historical preservation efforts, lectures, First Night celebrations, nature and science education programs for families and town festivals. Nearly half of LCC funds support educational activities for young people.

The North Andover Cultural Council will seek applications again in the fall. Information and forms are available online at ([www.massculturalcouncil.org](http://www.massculturalcouncil.org)). Applications are due Oct. 15th 2015



Tom Duggan is the publisher of The Valley Patriot, a former Lawrence School Committeeman, an author, and hosts the Paying Attention! Radio Program on WCAP, 980AM, every Saturday from 10am-noon. You can email your comments to [valleypatriot@aol.com](mailto:valleypatriot@aol.com).

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